



HUSKY QUICK FACTS

UNIVERSITY INFORMATION

Location: Seattle, Wash.
Mailing Address: 229 Graves Bldg.
 Box 354070, Seattle, WA 98195
Founded: Nov. 4, 1861
Enrollment: 36,000 (26,000 undergrad)
Nickname: Huskies
Colors: Purple and Gold
Conference: Pacific-10
Home Course: Lincoln Park, West Seattle
Indoor Track: Dempsey Indoor
Outdoor Track: Husky Stadium
President: Mark Emmert
Athletic Director: Todd Turner
Internet Site: www.gohuskies.com

Coaching Information

Head Coach Track & Field / Cross Country: Greg Metcalf (9th year)
 Office Phone: (206) 543-0811 Fax: (206) 685-1677
 Assistant Coach (Distances): Kelly Strong (4th year)
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 Assistant Coach (Distances): David Bazzi (5th year)
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Administrative Staff

Certified Athletic Trainers: Kathy Thompson
 Equipment Managers: Gary McGuire, Jim Hagland, Grant Gasca
 Athletic Communications Director: Jim Daves
 Asst. Ath. Comm. Director/Cross Country Contact: Brian Beaky
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TEAM INFO

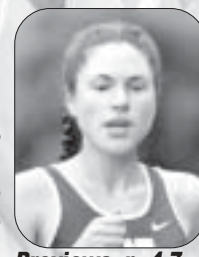
2004 Men's Pac-10 Finish: 4th
 2004 Men's West Regional Finish: 7th
 2004 Men's NCAA Finish: N/A
 2004 Women's Pac-10 Finish: 3rd
 2004 Women's West Regional Finish: 5th
 2004 Women's NCAA Finish: 23rd
 Top-7 Men's Runners Returning / Lost: 7/0
 Top-7 Women's Runners Returning / Lost: 2/5
 Men's Best NCAA Finish: 4th – 1989
 Women's Best NCAA Finish: 9th – 1998
 Men's NCAA Championship Appearances:
 7 – 1987 (22nd), '88 (18th), '89 (4th), '90 (12th), '91 (20th), '93 (8th), '03 (21st)
 Women's NCAA Championship Appearances:
 13 – 1982 (13th), '89 (12th), '92 (12th), '94 (15th), '95 (14th), '97 (14th), '98 (9th),
 '99 (13th), '00 (23rd), '01 (14th), '02 (31st), '03 (19th), '04 (23rd)

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Jeremy Mineau represented UW at the 2005 World Cross Country Championships in Saint Galmier, France. The Husky freshman placed 68th in the junior men's race, leading Team USA to sixth.

Husky Cross Country: From A to Z

ACADEMIC EXCELLENCE — While successful in competition, Greg Metcalf's cross country and track and field teams have been equally outstanding in the classroom, annually ranking among the University's top athletic squads in terms of academic achievement. In 2004, a UW record-tying 16 Husky cross country runners merited Academic All-Pac-10 honors, second-highest among Pac-10 schools. Junior Travis Boyd was a first-team Academic All-Pac-10 honoree, while senior Angela Wishaar swept first-team honors in track and cross country, the third- and fourth-such honors of her career. In addition to the 16 Huskies honored by the Pac-10 in the fall, 20 more earned Pac-10 All-Academic track honors in the spring, while pole vaulter Kate Soma was named a third-team Academic All-American.

ALL-AMERICANS — Thirteen Husky cross country athletes have combined to earn 15 All-America certificates at the NCAA Cross country Championships. The NCAA awards All-America honors to the top 25 finishers in both the men's and women's races, adding one American for every foreign-born athlete who receives the honor. Only one Husky, Regina Joyce, has ever earned more than one All-America certificate.

Women

2001	Lisa Gibbs	35th
2000	Cami Matson	21st
1998	Anna Aoki	38th
1995	Tara Carlson	8th
1992	Stacie Hoitink	30th
1991	Carrie Moller	14th
1982	Regina Joyce	2nd
1981	Regina Joyce	11th
1980	Regina Joyce	6th

Men

1998	Christian Belz	17th
1993	Simon Baines	10th
1990	Pat Johnson	25th
1989	Alan Hjort	23rd
1986	Curt Corvin	27th
1979	Bill Stolp	45th

BAINES, SIMON — It could be argued that fewer Huskies have ever made a larger impact in a shorter amount of time than Simon Baines, who competed just one season for the purple and gold. A native of England, Baines transferred to the UW in 1993 and lifted the Huskies to their first Pac-10 title and an eighth-place finish at the NCAA Championships. The junior made his UW debut with a win at the Pier Park Invitational, then showed it was no fluke by capturing the Sundodger Invitational the following week, in the process setting a course record that would not be broken for eight years. His fourth-place finish at the Pac-10 meet equaled the best-ever by a UW runner at the conference meet, while his second-place finish at the NCAA West Regional, and subsequent 10th-placing at the NCAA Championships established UW benchmarks that have yet to be broken. Though he had a year of eligibility remaining, Baines opted to return to England in 1994 to vie for a position on England's national team for the World Cross country Championships.

BELZ, CHRISTIAN — One of just four UW men to lead the Huskies at the NCAA Cross Country Championships more than once, Swiss native Christian Belz dominated UW cross country from 1996-1998. An All-American with a 17th-place finish at the 1998 NCAA Championships, Belz led all UW runners at the Pac-10 and NCAA Regional meets for three straight years, including top-10 finishes at both. Also an outstanding steepler, Belz twice earned runner-up honors in the event at the Pac-10 Track Championships, and ranks eighth in Washington history with a best of 8:48.2 (hand-timed). Belz has maintained his success post-collegiately, setting national records for his native Switzerland in the steeplechase and 10,000 meters, while representing Switzerland at both the Sydney and Athens Olympic Games.

CARLSON, TARA — While dozens of runners have contributed to Washington's rise to dominance in women's cross country, perhaps no Husky can take more credit than 1995 NCAA All-American Tara Carlson. In four years at UW, Carlson helped lead the program from one that had sent runners to just five of the previous 12 NCAA meets to one which has now sent runners to 12 of the 13 NCAA Championships since Carlson's debut 1992 season. One of only two UW women ever to earn a top-10 NCAA cross country finish, Carlson placed eighth in 1995, and was the team's top finisher at the national meet in each of the previous two seasons. Carlson led the Husky women for four consecutive years at the NCAA West Regional Championships — the only UW woman ever to do so — earning four top-10 and three top-five finishes in that remarkable span. Carlson ranks second only to UW legend Regina Joyce on the track at 3,000- and 5,000 meters, and was an All-American in the latter in 1995.



Christian Belz

DEMPSEY INDOOR — Washington's cross country runners need not fear the rain. When the weather becomes too rough to run along the shores of Lake Washington, the Huskies head inside the 80,000-square foot Dempsey Indoor, a multi-million dollar practice facility that provides training space for Washington's football, softball, baseball and soccer teams, and a practice and competition area for the UW track teams. Since opening in 2001, Dempsey Indoor has become the prime indoor competition venue for many of the nation's top collegiate track squads, as well as dozens of current and former Olympic competitors. The facility is named for California businessman Neal Dempsey, a 1964 UW graduate, who gave a gift of \$10 million in 2001 to be split between the Business School's Program in Entrepreneurship and Innovation and intercollegiate athletics.



Anna Aoki

FAB FRESHMEN — Every year, it seems, a different UW freshman is able to successfully make the transition from high school to college and excel in their first season. Lately, however, freshmen haven't only been content with success — they're out for wins. Laura Hodgson in 2002 and Brianna McLeod in 2003 each won their debut races at Washington, a feat never-before accomplished in UW history. Prior to Hodgson, the only freshman ever to win a race at Washington was the legendary Regina Joyce, who earned the NCWSA Region IX title during her freshman season of 1980. McLeod's win in 2003 sparked a banner year for Husky freshmen, who accounted for six of the Huskies' 14 runners (men and women) at the NCAA Championships.

GENDER EQUITY — The Husky athletic department is one of the national leaders in achieving gender-equity for its student athletes. In December of 1997, The Chronicle of Higher Education cited Washington as "the only Division I-A institution with an undergraduate enrollment that was at least 50 percent female to have achieved substantial proportionality in both scholarships and participation."

INNOVATIONS — Around the world, the University of Washington is known for much more than just fast runners. In fact, Washington graduates have been credited with some of the most significant inventions of the 20th century. Included among those inventions are the first color TV tube, the original rabbit-ears antenna, vinyl, synthetic rubber, the first blowable bubble gum, and "talking books," an early-20th century precursor of books on tape. Washington grads are also credited with inventing the first hard spacesuit, which for the first time allowed astronauts to venture outside their spacecraft. Last you think that the UW is only about technology, Huskies have made significant advances in medical research, including development of the vaccines for smallpox and Hepatitis B, as well as the first long-term dialysis machine. With so many intelligent minds on campus, it should come as no surprise that the University of Washington led all U.S. public universities in funding from federal research grants in 2002, and ranks No. 1 in funding from federal grants since 1975. Eight members of the Husky family have been honored with the Nobel Prize, and nine more have earned Pulitzer Prize recognition.

JOYCE, REGINA — Sit in on any conversation about the history of distance running at Washington, and inevitably the talk will turn to Regina Joyce. The only female Husky distance runner ever to claim a national collegiate title, Joyce's legacy at Washington echoes to this day, and not only in the four UW track and field records that have been hers alone for more than 20 years. A native of Ireland, Joyce joined the Husky squad in 1980, the last year before women's track and field was certified by the NCAA. Joyce was outstanding all season, winning the NCWSA Region IX Championship and taking sixth at the AIAW National Championships, leading the Husky women to a 12th-place finish in their first-ever appearance on the national stage. Over the next three seasons, Joyce added national finishes of 11th (in 1981) and 2nd (in 1982), and captured a NorPac Athletic Conference title in 1982. Joyce excelled on the track at nearly every distance with school records ranging from 1,500-10,000 meters, three of which still stand, and an indoor record at 3,000 meters. As a freshman in 1981, Joyce completed 3,000 meters in 9:00.20 to capture the AIAW National Championship in the event, one of just four national titles ever won by a UW female in any event. Joyce opted to forgo her senior year in 1983-84 to train for the 1984 Olympics, at which she represented Ireland in the marathon. Today, Joyce lives with her husband in the Seattle area, coaches distance runners at Edmonds-Woodway High School and can still occasionally be seen in competition against the nation's top collegians at Dempsey Indoor.

Husky Cross Country: From A to Z

LINCOLN PARK — Since 1992, Washington has held all of its home cross country competitions at Lincoln Park in West Seattle. The scenic park on a ridge overlooking Puget Sound, with views of the Olympic Mountains and the ferry crossings, annually plays host to the Sundodger Invitational, and was the site of the 2000 Pac-10 Cross Country Championships. For more information about Lincoln Park, including driving directions, see page 39 of this guide.

NCAA STREAK — Washington's women boast the nation's sixth-longest active streak of NCAA Cross Country Championships appearances, having qualified for the meet in each of the past eight seasons. That streak coincides exactly with Greg Metcalf's eight years as distance coach at Washington; prior to Metcalf's arrival in 1997, the Huskies had sent a women's team to just six of the previous 20 NCAA Championships. Keeping the streak alive has been a remarkable balance of veteran leadership — junior Anna Aoki and senior Deeja Youngquist led the Huskies to an all-time best eighth-place finish in 1998 — and youthful exuberance, as exemplified by a seniorless 2003 squad that leaned heavily on four freshmen for a 19th-place NCAA finish. Following is a list of the longest active NCAA Championships streaks:

Team	Streak	Year Began
1. Brigham Young	16 years	1989
Providence	16 years	1989
3. Colorado	13 years	1992
4. Stanford	12 years	1993
5. N.C. State	10 years	1995
6. Washington	8 years	1997
7. North Carolina	7 years	1998
Villanova	7 years	1998
Arizona State	7 years	1998

PIONEERS — Prior to 1977, no Washington cross country team had made an appearance at the NCAA Championships, which began in 1938. Huskies Bill McClement, Bill Stolp, Chris Villani, Steve Surface, Gary Gustafson, Mark Hallenbeck and Bob Pierce brought that streak to an end, however, placing second at the 1977 Pac-8 Championships and earning the Huskies their first-ever NCAA Championships berth. The team did not have to travel far for the meet, which was held at Hangman Valley Golf Course in Spokane, Wash. Spurred on by family and friends lining the course, the Huskies placed 13th overall, with McClement leading all UW finishers in 68th, two minutes behind champion Henry Rono of Washington State. It would be 10 years before the Husky men would return to the national meet as a team, though individual runners have competed almost every year in the quarter-century since.



Regina Joyce

RAIN — Sorry to destroy the myth, but Seattle is far from being the rain capital of the nation. While Seattle does experience frequent showers, its total annual precipitation ranks only 113th in the United States, at about 38 inches, roughly half as much as Tallahassee, Fla. Compare that with Hilo, Hawaii, which receives 130 inches a year, or Yakutat, Alaska, which soaks up 161 inches per year! Among major U.S. cities, Miami, Houston, Atlanta, Boston, Baltimore, New York, Philadelphia, Cincinnati, Indianapolis, Memphis and Washington, D.C. each get more annual precipitation than Seattle.

SUNDODGER INVITATIONAL — While Seattle University's Emerald City Invitational is often confused for a UW home meet, the Sundodger Invitational at Lincoln Park is in fact the only cross country meet hosted annually by the University of Washington. Featuring hundreds of the Northwest's cross country athletes, as well as invited collegiate squads from across the country, the meet has become an annual fixture on the Northwest distance running schedule since its inception in 1992. While talented teams from Michigan, Arkansas and Oregon have occasionally challenged the UW on its home course, the Huskies have had an iron grip on Sundodger team titles since 2000, winning seven of the 10 combined races held in the past five years. The 2004 Sundodger Invitational was a classic, with Husky junior Mark

Mandi earning his first-career win in a UW-course record time of 24:06, and former Husky Sabrina Monro routing the field by more than a minute for a course-record victory in the women's race, her third win in the last four years. This year's invitational features invited teams from UCLA and Washington State, as well as the defending women's invitational champions from the University of Idaho. For more information on the meet, see page 38 of this guide.

WE ARE THE CHAMPIONS — Both of Washington's cross country teams have been outstanding in Pac-10 Conference competition, with the Husky women currently boasting a string of 15-consecutive top-five Pac-10 finishes. That streak has its roots in Washington's first-ever Pac-10 title, earned in 1989. Having never placed higher than sixth since the conference expanded from eight to 10 teams in 1986, Washington sent notice that 1989 could be special with wins at each of the first two meets of the season. The Huskies entered the Pac-10 meet at Stanford a decided underdog to rival Oregon, which had won every conference title since 1976, but had lost to Washington two weeks prior at the McIver Park Invitational. Led by eighth-place finisher Michele Buresh, the Huskies loaded six runners into the top-20, scoring 65 points to handily defeat runner-up Washington State and the third-place Ducks. Buoyed by their finish, the team two weeks later captured the UW's first-ever NCAA Regional title, and placed 12th at the NCAA Championships, then an all-time best. The UW men added their first Pac-10 title in 1993, and the women brought home a regional crown in 1992.

Huskies at the IAAF World Cross Country Championships

In addition to their Olympic Games competition, Washington's cross country athletes have also been a significant presence at the IAAF World Cross Country Championships, which have been held annually since 1973. Husky junior Laura Hodgson qualified for the junior women's race in 2003, placing 58th overall while leading the U.S. women to second. The 2005 meet will be held in Le Mans, France, in March. Following is a list of University of Washington runners who have competed at the World Cross Country Championships all-time:

Year	Venue	Name (Country)	Place	Time	Event (Distance)
1979	Limerick, Ireland	Regina Joyce (ENG)	27 th	18:15	Senior Women (5040m)
1980	Paris, France	Regina Joyce (ENG)	30 th	16:36	Senior Women (4820m)
		Sara Neil (CAN)	37 th	16:44	Senior Women (4820m)
1982	Rome, Italy	Sara Neil (CAN)	76 th	16:10	Senior Women (4663m)
1984	E. Rutherford, NJ	Regina Joyce (IRE)	21 st	16:35	Senior Women (5000m)
1988	Auckland, NZ	Neil Panchen (GBR)	26 th	25:32	Junior Men (8031m)
1993	Amorebieta, Spain	Tara Carlson (USA)	61 st	15:48	Junior Women (4450m)
		Christian Belz (SUI)	96 th	22:38	Junior Men (7150m)
1994	Budapest, Hungary	Angie Froese (CAN)	62 nd	15:58	Junior Women (4300m)
1998	Marrakech, Morocco	Michele (Buresh) Chalmers (USA)	66 th	28:53	Senior Women Long (8000m)
2000	Vilamoura, Portugal	Kate Bradshaw (USA)	68 th	23:16	Junior Women (6290m)
2002	Dublin, Ireland	Margaret Butler (CAN)	70 th	14:57	Senior Women Short (4208m)
2003	Avenches, Switzerland	Christian Belz (SUI)	18 th	11:39	Senior Men Short (4030m)
		Laura Hodgson (USA)	58 th	24:08	Junior Women (6215m)
		Margaret Butler (CAN)	81 st	14:30	Senior Women Short (4030m)
2004	Brussels, Belgium	Courtney Inman (CAN)	37 th	14:14	Senior Women Short (4030m)
2005	Saint Galmier, France	Jeremy Mineau (USA)	68 th	27:10	Junior Men (8100m)
		Courtney Inman (CAN)	56 th	14:40	Senior Women Short (4200m)
		Christian Belz (SUI)	28 th	12:19	Senior Men Short (4196m)

NOTE: The IAAF added the senior men's and women's short course races in 1998. Also, Regina Joyce changed nationalities in 1983.

SOURCE: IAAF, "The Toughest Race in the World: A Look at 30 Years of the IAAF World Cross Country Championships", edited by Mark Butler.

Washington started the 2004 season full of optimism. Three Huskies returned from a squad that placed 21st at the 2003 NCAA Championships, the team's first appearance at the national meet in 10 years.

Those plans unraveled quickly, however, when a spring foot injury failed to heal for No. 2 returnee **Carl Moe** (Auburn, Wash.), and No. 3 returner **Mike Sayenko** (Bellevue, Wash.) suffered a broken leg. Suddenly, a team expected to rely on its veteran leaders was instead forced to break in a largely unproven group of freshmen and sophomores, ultimately shuffling 12 different runners through its top seven over the course of five varsity races.

Fighting the inconsistency so often associated with youth, the team surged to fourth at the Pac-10 Championships, but slid to seventh at the NCAA West Regional, missing an NCAA Championships berth.

Those growing pains should pay off in 2005, however, with a healthy Moe and Sayenko returning to a squad made deep in varsity experience by their absence.

No Husky is more experienced than senior **Mark Mandi** (Everett, Wash.), winner of the 2004 Sundodger Invitational and the Huskies' leader in three of the four races in which he competed last season. In 2005, however, Mandi finds himself challenged by a number of runners who feel they, too, can lead the Huskies back to "The Show."

In addition to former top-three competitors Moe and Sayenko, senior **Andy Fader** (Everett, Wash.) will be eager to return Washington to the NCAA's in his final season, having run no lower than fifth for UW in 2004. Juniors **Travis Boyd** (Mukilteo, Wash.) and **Kevin Peters** (Longview, Wash.) and sophomores **Jeremy Mineau** (Palo Alto, Calif.) and **Brad Liber** (San Diego, Calif.) will also challenge for top honors, each coming off outstanding springs.

Mandi, Moe and Fader have been selected to captain the Husky squad in 2005, a season that begins with perhaps as talented a roster as has been assembled in head coach Greg Metcalf's eight years atop the program. Mandi and Moe say that starting in 2005, making the NCAA Championships isn't a goal – it's an expectation.

How much did injuries impact the team's success last season?

Mandi: "That's a huge deal to lose two of your top-three returning guys. Experience in college is a huge factor. The 8K and 10K distances you run in college are a big difference from the 5K you run in high school."

Moe: "Also, the competition level is so much higher in college. Pretty much everyone who comes into this program was a stud in high school, and is used to running races a certain way. In even the smallest college race, though, every single guy out there was a high-school stud. That takes some getting used to."



2004 captains Mark Mandi (right) and junior Andy Fader (center) will be joined by sophomore Carl Moe this year as they attempt to return to the NCAA Championships for the second time in three seasons. All of the team's top-seven runners in 2004 return this fall, with the lineup further bolstered by the healthy return of Moe and sophomore Mike Sayenko.

What excites you this year?

Mandi: "Having so many new guys in the lineup might have hurt us last year, but it's going to pay off for us this year. Now, everyone has gone through a full season of cross country and track, so they have that much more experience to bring back to cross country this fall. Then you add in the return of guys like **Carl Moe** and **Mike Sayenko**, who are both training really well, and you have the makings for a pretty good team."

Moe: "We have about 15 guys who think they can run in our top-seven, and at least three or four who think they can win a race this year. They are all running really well right now and are determined to make it. Now, obviously not all of them are going to make it into the top-seven – heck, some won't even make it into our second seven! But that just shows how deep this team is – we have so many talented guys, we could field two full teams out there, and still have to leave out guys who are running well. We might have to leave someone at home who is capable of finishing in the top-50 at nationals. But if we do that, it's because there are seven other guys running even better, and that's awesome."

What affect will that competition have on team chemistry?

Mandi: "Naturally, if you're not going to make the team, you're going to be a little frustrated. Every guy on the team has been working really hard this summer, and every guy deserves a spot in the top seven. We think that we can go to nationals and do well, and everyone wants to be a part of that. But in the end, everyone just wants the team to be successful."

Moe: "Everyone is going to contribute, so if we go to nationals, it's not just going to be because of seven or eight guys who have been running in the races. It's going to be

because every single guy on the team, from our No. 1 runner to the last guy on our roster, has been working hard every day in practice to push everybody else to give their best. In that way, every single guy on the team will play a role in us going to nationals, not just the guys who run at Pac-10s or Regionals."

What are the team's strengths?

Moe: "Camaraderie. In the past, we've had guys split off into different groups after practice, or during the summer, but this year we're really one big group. We all have the same goals now. We all believe in what the coaches are saying, and are committed to doing it together."

Mandi: "Our coaches recruit great people. They're asking the input of the veterans during the recruiting process, really making it an emphasis to get guys who are not only the best runners, but will fit in well with the team. That's made a big difference."

What will it take to be successful?

Moe: "In the past, we've had a big group of talented runners, but we haven't had a lot of runners at the front of races. This year we have guys who are able to do that, which will help carry our team to the front."

Who are some of those guys?

Moe: "Mark, for sure, has proven that he can be one of those guys. **Mike Sayenko**, too, can run up there, while **Jeremy Mineau** has improved a ton. **Travis Boyd** has won a race before, and he can certainly run up front. I expect myself to be up there as well. If we're all up there, that's five guys who will be battling for the lead."

Mandi: "If you have five guys who can run like that at the front of the pack, that's pretty tough to beat."

Meet the Husky Men

Who are some other guys to watch?

Mandi: "Kevin Peters and Brad Liber have both been under the radar every year. Kevin's returning with our fastest 10K time from the track season. He may not be the first guy who comes to mind when you're listing guys who will be big factors for us this year, but he's good enough to be able to do something big. Brad, meanwhile, was our most improved runner last year."

Moe: "Jon Harding, too, has been training well and getting experience. "They're the kind of guys who are out here every day just working. They might not be the fastest guys out there, but they're working hard enough that they can run with anyone. Having so many guys capable of running well just raises everyone's level of training. There's so much competition for those top-seven spots, that if you don't continually give your best in practice and races, you know that coach has plenty of other talented options to replace you, guys who are hungry to compete. That just makes everyone work harder and run better every day, and that's good for our team."

With so much depth, is it going to be hard for a freshman to crack the lineup this year?

Moe: "Harder than any other year, I think. **Jordan McNamara** is one guy coming in from my high school who has the potential to run really well. I'm not sure if it will this year, but he's going to make an impact for sure at some point in his career. But we have 15 guys already fighting for those top-seven spots. Add any more, and you're talking about almost our entire roster."

Mandi: "And next year, they're all going to be back again. It's going to be just as tough."

Who are going to be the teams to beat in the West Region?

Mandi: "This is definitely the toughest region to get out of. The West is going to send a lot of teams to nationals this year."

Moe: "Stanford is always one of the best teams in the nation; you know they'll be there at the end. Arizona has five guys from Kenya, who can run really well."

Mandi: "Arizona State, too, is one of the top returning teams in the nation. But Oregon, Cal Poly, Portland ... they all have really strong teams that talent-wise should be at nationals."

Moe: "This region is just really strong. I honestly think the West could take eight of the 32 spots at nationals this year. We're going to have to score a lot of at-large points early in the season, at meets like Pre-Nationals, Pac-10s and Willamette, because the Regional meet is going to be a dog-fight."

What are the signs of success fans can look for early in the season?

Moe: (laughing) "Lots of purple in front."

Mandi: "We started our official training runs later in the summer than we ever have before, because we want to be peaking at the right time of the season. We're going to try and snowball into our season, building up momentum right up through nationals at the end of the year."

Moe: "If everyone's healthy, that will be a big key. If that's the case, we should be running more people at the front of races than we're used to having up there. We have a lot of guys who can lead races, so you might see five different guys in purple jerseys leading a race at some point."

Have you set any specific goals for the team this season?

Moe: "We set very specific goals last year, in terms of how we wanted to finish at certain races, and that kind of backfired, I think. When we didn't meet one of those goals, we were disappointed and got down on ourselves. In the past, we've had the goal of just going to nationals. This year, we want to start a tradition whereby we don't hope that if everything goes right, we'll be at nationals; instead we want to expect to be at nationals, and then hope that if everything goes right, we'll place really high and be a top-10 team. That's the kind of tradition we're trying to build this year."

Mandi: "This team is so young. Andy and I are the only ones who will graduate, which means there are going to be a ton of guys with top-level experience coming back for each of the next few years. That's what it's going to take to get a tradition like that started — a few years of continuity, guys who go to nationals two, three years in a row, to the point that it just becomes the standard."

Moe: "Mark and Andy have played a big role in starting the camaraderie of the team over the past couple of years, and really beginning the process of putting that tradition in place. So part of my motivation this year is to get them to the show in their last season, so that their role in starting this tradition won't be forgotten. We just need to take every race as it comes, and focus on running our best in that race, and not worry about the next race. If we do that every time out, then I think we'll be happy with the results."

Name	Yr	Exp	Hometown (High School/Previous College)
Ahl, Chris	Fr.	HS	Seattle, Wash. (Bishop Blanchet)
Abbott, Austin	RFr.	* RS	Chehalis, Wash. (W.F. West)
Boyd, Travis	Jr.	* 2V	Mukilteo, Wash. (Kamiak)
Bromka, Alec	Fr.	HS	Portland, Ore. (Catlin Gabel)
Brown, Ryan	So.	* RS	Renton, Wash. (Renton)
Darda, Joe	Fr.	HS	Ellensburg, Wash. (Ellensburg)
Dols, Michael	Fr.	HS	Chelan, Wash. (Chelan)
Fader, Andy	Sr.	* 4V	Everett, Wash. (Cascade)
Freeman, Tim	So.	* RS	Bainbridge Island, Wash. (Bainbridge)
Gehrig, Brad	Fr.	HS	Park City, Utah (Park City)
Gobena, Araya	RFr.	* RS	Seattle, Wash. (Nathan Hale)
Harding, Jon	RFr.	* RS	Issaquah, Wash. (Issaquah)
Hickey, John	Jr.	* 1V	Richland, Wash. (Hanford)
Knox, Caleb	So.	1V	Mill Creek, Wash. (Jackson)
Liber, Brad	So.	* 1V	San Diego, Calif. (University City)
Mandi, Mark	Sr.	* 3V	Everett, Wash. (Mariner)
McNamara, Jordan	Fr.	HS	Auburn, Wash. (Auburn)
Mineau, Jeremy	So.	1V	Menlo Park, Calif. (Menlo-Atherton)
Moe, Carl	So.	* 1V	Auburn, Wash. (Auburn-Riverside)
Owen, Matt	Jr.	* 1V	Yakima, Wash. (East Valley)
Peters, Kevin	Jr.	1V	Longview, Wash. (Mark Morris)
Peterson, Tom	RFr.	* RS	Modesto, Calif. (Fred Beyer)
Sayenko, Mike	Jr.	* 2V	Bellevue, Wash. (Sammamish)
Shimer, Adam	Jr.	* SQ	Edmonds, Wash. (Meadowdale)
Spady, Kelly	Fr.	HS	Mukilteo, Wash. (Kamiak)
Williams, Brian	Fr.	HS	Bellevue, Wash. (International School)
Wilson, James	So.	SQ	Yakima, Wash. (East Valley)
Wyatt, Tom	RFr.	* RS	Lakewood, Wash. (Charles Wright)

* Utilized red-shirt season

Head Coach Track & Field/Cross Country: Greg Metcalf (Washington '93), 4th year, 9th overall at Washington
Assistant Coaches (Cross country): David Bazzi (UW '00), 5th year; Kelly Strong (Arizona State '01), 4th year.

Pronunciation

Athletes

Chris Ahl ALL
Michael Dols DOLES
Andy Fader FAY-dur
Araya Gobena uh-RYE-uh
..... go-BAIN-uh
Brad Liber LYE-burr
Mark Mandi MAN-dee
Mike Sayenko Sy-YENK-oh
Adam Shimer SHY-mur
Kelly Spady SPAY-dee

Coaches

David Bazzi BAH-zee

Every year presents a new challenge for Washington head coach **Greg Metcalf**.

But with every new challenge has come the same result – an NCAA Championships berth. Despite alternating frequently between veteran-heavy teams and teams reliant on youth, Metcalf has guided the Huskies' women's cross country program to the NCAA meet in each of his eight years as coach – a streak bettered nationally by just five Division-I programs.

After riding a group of four seniors to a 23rd-place NCAA finish in 2004, Metcalf's Huskies find themselves back at square one this season, with just one two top-seven returnees and just five returning letterwinners in all.

As pressure to keep the streak alive mounts, Washington will turn to a talented group of freshmen including **Tori Tyler** (Palo Alto, Calif.), California's 5,000-meter state champion in 2005, and **Brooke Lademan** (Rolling Hills, Calif.), a top-five three-mile state finisher in 2005, as well as a strong redshirt freshman group including NCAA indoor All-American **Amanda Miller** (Wenatchee, Wash.) and former top-five California state cross country finisher **Dani Schuster** (Kennewick, Wash.).

With so much inexperience, it will be up to Washington's captains – senior **Angela Wishaar** (Shoreline, Wash.), the team's No. 3 runner at the 2004 Pac-10 and NCAA Regional meets; and sophomore **Amy Lia** (Bothell, Wash.), a top-three runner in 2003 and 2004 NCAA 1,500-meter All-American – to provide leadership early in the season, and build the young team's confidence heading into the postseason meets.

It's a challenge – but none a Metcalf-coached team hasn't had to overcome before.



Angela Wishaar is one of just three seniors for UW in 2005, and the only one of the three with varsity experience.

Midway through last season, it looked as if the NCAA's might be an unreachable goal. How did the team turn the season around so quickly?

Wishaar: "Last year was a bit of a surprise, but at the same time, we always seem to put it together at the end of the year, so there's really no reason to be surprised when we do. Both of the last two years started off tough, and I remember thinking, 'We're not going to make it.' But we always do. I think everyone just knows that come the end of the year, we all have a job to do, and we do it. So there's no reason to panic if things aren't going our way in September, because we know that we'll get the job done when we have to."

Does the team feel pressure to keep the streak alive each year, or do you take each year as it comes?

Lia: "For sure. No one wants to be the team that doesn't make it, so yes, there is a lot of pressure."

Wishaar: "It's not pressure so much as it is a feeling of responsibility to keep the streak going. It definitely gives you a goal to work for at the end of the year."

Lia: "It's what you train for all summer."

Wishaar: "If there's ever a day that you don't want to run, you think, 'I have to be at my best so that we can make it to nationals.' You don't want your slacking off to be the reason the team doesn't get there. In that way, the pressure to get back to nationals keeps you focused all year long."

What about this year's team makes you confident you can get back to nationals?

Wishaar: "We have really competitive girls who know what it takes to get the job done. I think it also helps us that we don't have one top-of-the-line girl, who runs way out in front in every race."

Lia: "Not having a girl like that makes it important for everyone to run well as a team, because we're not going to be able to count on that one low score at the front. That puts the responsibility for the team's success on everyone's shoulders, rather than just one girl's, and that pushes everyone to run better."

Wishaar: "We can't rely on just one girl to run well and carry our team; we all have to run well if we are going to be successful."

How has training been different this year with such a small returning group?

Wishaar: "The girls that graduated last year – Lindsey Egerdahl, Jamie Gibbs, Laura Halverson – they were the core of our team for a long time. Not just in running, but from a leadership perspective as well. Last summer, we had so many girls coming back, that we would all meet together every morning to go run. This summer, there wasn't anyone around to run with, so the responsibility was totally on ourselves to go run. There wasn't as much accountability."



Sophomore Amy Lia ran third for UW at the 2003 NCAA Championships, but missed the 2004 season with an injury.

Lia: "I personally think that not having as much structure this summer was a good thing. In past years, every day of summer training was planned out, and I think that a lot of people ended up overtraining or getting burned out early in the season. This summer, you could do whatever felt right for you, and I think that's going to help people to stay fit and stay motivated throughout the year."

Lia: "With the loss of all of those girls, and the changes in training styles this summer, it almost feels like we're starting over."

What will be your roles as leaders?

Wishaar: "Setting a good example will be really important. Even if my race isn't going well, I need to remember that we have a young team, and that I need to keep going and set an example for the other girls. The same goes in practice; as leaders we need to stay positive and encourage others, even if our days, or our races, aren't going as well as we'd like."

Lia: "You can't let your frustrations show. You have to stay positive. Everyone is going to be looking to us to set an example. If they see that we're disappointed or frustrated, they might start to get down on themselves. We can't let that happen; we need to stay positive all the time."

How will a lack of veterans impact the newcomers to the program?

Lia: "When I came in two years ago, it was super-scary because there was this tight veteran group that had been training together forever and was super hard-core; it was a little intimidating. This year, though, there are only three seniors and a few upperclassmen, so I think that the girls coming in will feel right away like they're a big part of the team, and that's only going to make them more comfortable."

Pronunciation

Athletes

Olivia Garrow GAIR-oh
 Kira Harrison KEER-uh
 Brooke Lademan LAID-min
 Amy Lia LEE-uh
 Brianna McLeod Muh-CLOUD
 Jaclyn Mehtala muh-TALL-uh
 Dani Schuster SHOO-stir
 Karen Schwager SHWOG-ur
 Angela Wishaar WISH-are
 Sayaka Yoshinaga sigh-YOCK-uh
 yo-shee-NOG-uh

Coaches

David Bazzi BAH-zee

Name	Yr	Exp	Hometown (High School/Previous College)
Anderson, Brooke	Fr.	HS	San Diego, Calif. (University City)
Buckingham, Kaitlin	RFr.	* RS	Dallas, Texas (Richardson)
Campbell, Anita	Fr.	HS	Vancouver, B.C. (Aldergrove)
Chapa, Annaliese	Fr.	HS	Portland, Ore. (Central Catholic)
Collins, Emily	Fr.	HS	Eugene, Ore. (Marist)
Gall, Tina	So.	* SQ	Edmonds, Wash. (Edmonds-Woodway)
Garrow, Olivia	RFr.	RS	Seattle, Wash. (Nathan Hale)
Harrison, Kira	Jr.	2V	Bellingham, Wash. (Meridian)
Lademan, Brooke	Fr.	HS	Rolling Hills, Calif. (Peninsula)
Lia, Amy	So.	* 1V	Bothell, Wash. (Bothell)
McLeod, Brianna	Jr.	2V	Jenks, Okla. (Jenks)
Mehtala, Jaclyn	Fr.	HS	Tacoma, Wash. (Stadium)
Miller, Amanda	RFr.	RS	Wenatchee, Wash. (Eastmont)
Rasmussen, Trisha	So.	1V	Phoenix, Ariz. (Mountain Ridge)
Schuster, Dani	RFr.	RS	Kennewick, Wash. (Kamiakin)
Schwager, Karen	Sr.	SQ	Langley, Wash. (South Whidbey)
Tyler, Tori	Fr.	HS	Los Altos, Calif. (Gunn)
Wegman, Karina	Fr.	HS	Seattle, Wash. (Bishop Blanchet)
Wishaar, Angela	Sr.	* 1V	Shoreline, Wash. (Shorewood)
Wright, Lindy	Sr.	SQ	Seattle, WASH. (Chief Sealth)
Yoshinaga, Sayaka	Jr.	* SQ	Seattle, Wash. (Ballard)

* Utilized red-shirt season

Head Coach Track & Field/Cross Country: Greg Metcalf (Washington '93), 4th year, 9th overall at UW
Assistant Coaches (Cross country): David Bazzi (UW '00), 5th year; Kelly Strong (ASU '01), 4th year.

Wishaar: "When there's a big veteran group, you can find yourself as a freshman just following them around, and kind of standing aside and letting them do their thing. This year, though, those girls know that they have a shot to be on the travel squad and to be a big part of the team, so I think that's going to help them with their training and motivation right from the start."

Lia: "It'll just make them stronger overall for the future. Their role on this team isn't predetermined – they know that if they run well and train well, they'll be with us at Pac-10s and Regionals, and I think that's going to be a big motivator for them this year."

How important is it to the team's success that one or more of those freshmen have big years?

Lia: "We'll need some of them for sure. But at the same time, I don't want to have to rely on them, because that puts a lot of pressure on them. I think a lot of times when you come in as a freshman and you know the team is counting on you, you try to do too much and end up getting injured, and that can affect your whole career. I want them to be able to succeed in the long term, so I don't want them to feel like we're relying on them right away."

Wishaar: "But, I don't really know how that's going to work since we don't really have a lot of other girls we can count on until the freshmen are ready. That's going to be a challenge for us."

How important is experience in cross country?

Lia: "It's nice, but it can also be a drawback. If a certain girl has beaten you a few times and you see her ahead of you in a race, you might think, 'Oh, I can't catch her, I might as well not even bother.' But if you don't know any better, you just go after it and run as hard as you can, without setting any limits on yourself."

Wishaar: "Meghan Lawrence last year is a perfect example. She came in here having never run cross country in her life -- she

didn't know that the girls she was passing were high-school All-Americans, or No. 2 or 3 runners on their teams. She just ran as fast as she could from start to finish, and as a result ended up finishing in our top-five pretty much all year, which is way better than anyone would have imagined."

Lia: "Exactly. When you don't have any preconceived ideas of where you are 'supposed' to finish, then you're not putting any limitations on what you can achieve."

Is there a Meghan Lawrence this year?

Lia: "Tori Tyler looks like the kind of person that doesn't set any limitations on herself, and who isn't going to be intimidated by anyone she sees on the course. She's not scared of us at all. She's ready to go."

Who are some veterans that you think will have an impact this year?

Lia: "I think that **Brianna McLeod** is going to have a big year. She's had a hard time for a while, but I think she finally has it all figured out. I also like **Dani Schuster** – she's been in the program for a year now, and has the potential to be awesome. And of course there's **Amanda Miller** – she missed cross country season last year but was an All-American on the track as a freshman. It'll be interesting to see what she brings to cross country this fall."

What are some realistic expectations for this team?

Wishaar: "We definitely want to be back at nationals. I think we can do it for sure. We need to all run well, to know what we need to do and do it."

Lia: "Angela and I were talking earlier this summer about how this year we want to be able to run as a pack, to use each other's strengths to pull everyone as a team to the front. If we could all get together like that and run as one, that would be awesome. We'd be like a force – a purple force."

Wishaar: "We don't have a star girl, so that's what it's going to take for us to be successful – we have to work together."

What will it take to do that?

Wishaar: "It's going to take a lot more discipline on everyone's part to stay together, to not get distracted by your own individual race but to remember your role as part of the team."

Lia: "This year, having such a young team and sort of starting from scratch, I think it's a great time to try and get that kind of a pack mentality in place. When you've been running races for a long time, you can kind of start to get trapped in a certain race style, because you get comfortable running races a certain way. Having so many inexperienced girls, though, nobody really has that individual race style developed yet, so it's a really good chance for us to get everybody running as a team."

What is going to be the team's biggest obstacle to success?

Wishaar: "I think that there's a danger that we might be intimidated early on, knowing that we don't have as much experience as some of the other teams that we're going to be facing. It's going to be important for us to build confidence early in the season, so that we go into the big meets at the end of the year believing in ourselves."

What do you love most about competing for UW?

Lia: "I've always wanted to run at UW. So, it's just amazing to be able to put on that jersey and represent the UW. When people ask me where I run, I'm so proud to be able to say that I run for UW. UW has such an amazing reputation and history of success; I feel lucky to be a part of that."

Wishaar: "In high school, I always wanted to come to UW, but I figured there was no way I was good enough to run in college. So to be able to come here and represent UW, it's just amazing. We have such a great tradition, and it's such a great school. I love my teammates, too. Honestly, there isn't anything I don't love about running here."



AUSTIN *abbott*

RFr. • Chehalis, Wash. • W.F. West HS

Will compete in his first season of cross country after earning All-America honors indoors as a freshman last spring. **2004-05:** Redshirted the fall season to preserve a year of eligibility ... competed just once unattached, placing 15th overall at the Jim Danner Invitational ... one of three Husky freshmen

to earn All-America honors in 2005, the first frosh to do so since 1999 ... helped UW's distance medley relay to a fifth-place finish at the NCAA Indoor Championships, the relay's highest-ever finish at the NCAA meet ... set UW freshman records in the mile (4:02.25) and 1500m (3:44.36) ... mile time was the third-fastest in UW history ... also ranks among UW's all-time top-10 outdoors in the 800m (1:48.57, 7th), and indoors in the 800m (3rd, 1:51.02) and the distance medley relay (2nd, 9:36.20; 7th, 9:51.36) ... one of four Huskies to break 1:50 in the 800m in 2005, the first such quartet in UW history ... placed second in the 1500m final at the Pac-10 Championships, in 3:45.85 ... was 14th overall in the event at the NCAA West Regional ... won the 1500m at the UW-WSU Dual, and was second in the 800m.

High School and Personal: Born Dec. 8, 1985 ... parents are Kerry and Mike ... both parents played basketball at the collegiate level ... has two younger siblings, Brandon and Kiersten ... combined with prep teammate T.J. Emrich to lead W.F. West to a third-place finish at the 2004 state track championships, and a seventh-place finish at state in 2003 ... won a state title at 1600m in 2004, crossing the line in 4:14 ... also took second at state in the 800m in 2004, an improvement on his fifth-place 800m finish of a year before ... was second at state in the 1600m in 2003, and led W.F. West's 4x400m relay to eighth ... ran sixth in the mile at the 2004 Arcadia Invite ... took third in the 800m at the 2004 Washington-Oregon Meet of Champions ... also lettered three years in golf, and twice in basketball ... captained track, golf and basketball teams in 2003 and 2004 ... named school's Athlete of the Year in 2004.

Collegiate Best Marks

800m..... 1:48.57 1500m..... 3:44.36 Mile..... 4:02.25



TRAVIS *boyd*

Soph. • Mukilteo, Wash. • Mukilteo HS



One of six returning members of UW's top-seven ... led all UW finishers at the 2004 NCAA West Regional. **2004-05:** Ran first or second for UW at all three postseason races ... led all UW finishers in 18th overall in 10K cross country debut at the NCAA West Regional ... placed 15th overall at the Pac-10 meet, helping UW to fourth ... redshirted the 2005 track season to study abroad in Spain. **2003-04:** Earned first-team Academic All-Pac-10 honors for cross country and track ... won the season-opening Emerald City Invitational at Woodland Park, crossing the 8000m course in 25:52 ... one of just three freshmen, and the first UW men's runner, ever to win their debut race ... was the ninth UW finisher at the Pac-10 meet helping the Huskies to third ... ran fifth overall at the Sundodger Invite in 24:23, and was the No. 5 Husky runner at the Pre-National Meet ... focused on the 5000m and 10000m during the 2004 outdoor track season ... took 13th in the 10000m in 31:46.48 in Pac-10 Championships debut ... season-best of 14:44.56 for 5000m earned fourth at the Oregon Invite ... indoors, clocked the ninth-fastest 5000m time in UW history with a 14:29.90 at the Pac-10 Invite ... ran the 3000m and 5000m at the MPSF Championships, earning top-15 finishes in both. **2002-03:** Redshirted the 2002 fall season ... ran unattached at three meets, clocking a best time of 25:00 for 8000m at Willamette ... on the track, competed at every distance from 1500m to 10000m ... indoors, ran a season-best of 14:50.18 for 5000m.

High School and Personal: Born May 15, 1984 in Lynnwood ... parents are Julie and Robert ... has an older sister, Angie ... was the 2002 district cross country champion, finishing the 5000m course in 15:53 ... individual title helped cross country squad to second-place finish district finish ... ran 20th at the 2001 state 4A cross country championships, finishing in 16:21 ... placed fourth, in 15:59, at the 2002 Richland Cross Country Invitational ... twice competed in the 3200m at the state track meet ... was 13th at state in 2002 and 10th in 2001, the latter in a career-best 9:26 ... at the 2002 Pasco Invite, placed 10th in the 3200m and led the distance medley relay squad to a fifth-place mark ... was an eight-time letterwinner in track and cross country.

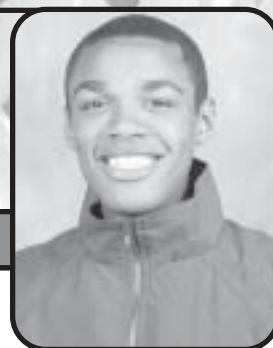
Collegiate Best Marks

5000m..... 14:44.56 10000m..... 30:11.99 3000m (indoor)..... 8:21.42 5000m (indoor)..... 14:29.90
XC: 8000m..... 24:23 10000m..... 30:59



RYAN *brown*

Soph. • Renton, Wash. • Renton HS



The 2005 Pac-10 and NCAA West Regional champion at 800m ... a two-time NCAA track All-American ... ranks first or second all-time at UW in five different events ... competed at NCAA Championships in 2005 in three different events ... sat out the entire 2003-04 season ... ran just one season of high-school track. **2004-05:** Did not compete in cross country ... had an outstanding season after walking away from track and field in 2003-04 ... came from behind in the last 200 meters to win Pac-10 and NCAA West Regional titles at 800m ... clocked a 1:47.31 in the Pac-10 800m final, the fastest time by a UW runner since 1982 and second-fastest all-time ... earned two All-America honors in 2005, becoming just the 15th UW male to do so ... was 10th in the 800m at NCAA Outdoors, and led UW's distance medley relay to fifth at NCAA Indoors ... also ran on UW's 10th-place 4x400m at NCAA Outdoors ... led 4x400m relay to third at Pac-10s in a UW-record 3:03.85; and to third at the NCAA Regional ... broke UW's indoor 800m record with a time of 1:49.64 in February (since broken) ... also ranks on UW's all-time indoor top-10 in the 4x400m (2nd, 3:07.94) and DMR (2nd, 9:36.20; 7th, 9:51.36). **2003-04:** Sat out the 2003-04 season ... ran 1:51.06 for 800m at the Seattle International in June. **2002-03:** Set a UW indoor freshman record of 1:50.97 at 800m, second-fastest all-time at UW ... also cracked UW's indoor top-10 in the 4x400m (6th, 3:12.42) and DMR (6th, 10:01.35) ... ran sparingly outdoors, with an 800m best of 1:54.49 at the Oregon Invite ... also competed at 400m and 1500m, and 4x400m.

High School and Personal: Born Sept. 17, 1984 in Baltimore ... parents are Karen Smith and Gary Colbert ... has two older siblings, Richard and Everette ... was undefeated at 800m as a senior, his first year competing in track and field ... swept league, district and state titles at 800m in 2002 ... state-winning time of 1:55.3 was a personal-best ... also ran on Renton's state champion 4x400-meter relay, helping the school to a fifth-place state finish ... took second in the 800m at the 2002 Pasco Invite, and helped the mile relay to seventh ... also lettered in swimming as a senior.

Collegiate Best Marks

400m..... 48.59 800m..... 1:47.31 1500m..... 3:52.18 800m (indoor)..... 1:49.64



ANDY *fader*

Sr. • Everett, Wash. • Cascade HS

Will serve as co-captain in 2005 ... an indoor track All-American ... a four-time top-10 Pac-10 1500m finisher ... ranks among UW's all-time top-10 indoors in four different events. **2004-05:** A second-team Academic All-Pac-10 honoree for track and cross country ... co-captained the cross country squad in the fall ... ran in UW's top-five four times ... was 36th overall at Pac-10s, and 54th at the NCAA Regional ... had best-ever fourth-place finish at Sundodger ... earned All-America honors with a fifth-place finish in the DMR at the NCAA Indoors ... anchored relay to a time of 9:36.20 in March, second-best ever at UW ... ran eighth in the mile at the MPSF Champ's, and was seventh in the 1500m at the Pac-10 meet ... ran eighth in the 1500m at the NCAA West Regional. **2003-04:** A first-team Academic All-Pac-10 honoree for both track and cross country ... during the fall, helped the UW men reach the NCAA Championships for the first time since 1993 ... ran seventh on the squad at the NCAA West Regional, placing 48th ... team's fourth-place Regional finish was its highest at the meet since 1994 ... sparked UW men to third at Pac-10s with a 24th-place effort, fourth on the team ... placed fifth in the 1500m at Pac-10s in a career-best 3:46.34 ... was a Pac-10 and NCAA Regionall qualifier at 1500m and 5000m ... placed 13th in Regional 5000m final ... indoor 5000m best of 14:10.81 ranks second all-time at UW ... also cracked indoor top-10 in the mile, his time of 4:05.45 earning fifth at the MPSF meet ... led DMR to fifth at the MPSFs in 9:49.73, UW's sixth-fastest ever. **2002-03:** Earned Academic All-Pac-10 pick honorable mention in cross country, and a second-team selection on the track ... ran in UW's top-seven at every regular-season cross country race ... was 42nd overall at the Pac-10 meet, sixth at Emerald City, and 19th at Sundodger ... an NCAA Regional qualifier at 1500m and 5000m ... ran seventh in the 1500m at the Pac-10 meet in 3:48.49 ... moved to ninth on UW's indoor mile list with a 4:08.40 at the UW Preview ... also ran top-10 all-times in the 3000m and DMR. **2001-02:** Redshirted the fall season ... placed 10th in the 1500m at Pac-10s ... took fourth in the 1500m, in 3:52.94, at the U.S. Junior Nationals.

High School and Personal: Parents are Lori and Jerry ... has one brother, Joel ... posted four-career top-10 state track finishes including matching fifths in the 1600m and 3200m in 2001 ... also placed eighth in the 3200m, and ninth in the 1600m, in 2000 ... captained Cascade to a 2000 regional title and 15th-place state finish ... as a senior, captured district 3200m title and WesCo league titles in the 3200m and 1600m ... also won district and league in 2000.

Collegiate Best Marks

1500m..... 3:46.34 5000m..... 14:08.07 Mile (indoor)..... 4:05.45 3000m (indoor)..... 8:11.09 5000m (indoor)..... 14:10.81
XC: 8000m..... 24:23 10000m..... 30:55



TIM *freeman*

Soph. • Bainbridge Island, Wash. • Bainbridge HS

2004-05: Did not compete in cross country in 2004 ... was the Huskies' No. 5 half-miler, clocking a season-best of 1:51.47 at the Ken Shannon Invite ... led DMR to third at the UW Indoor Invite in 9:51.36, seventh-fastest ever at UW ... ran sixth in the DMR at the MPSF meet, and was ninth at 800m . **2003-04:** Redshirted the cross country season ... competed at just a handful of meets during the outdoor track season ... peaked towards the end of the season, before shaving nearly two seconds off of his 800m PR at the Seattle International in June ... clocked 1:50.25 at Seattle International, a mark bettered by just six Pac-10 men's runners in 2004 ... ran in the top-five in four of five 800m finals ... placed seventh in the 800m at the MPSF Indoor Championships.

High School and Personal: Parents are Sheryl Somers and Glenn Freeman ... has two brothers, Josh and Andrew ... the 2003 Class 3A state champion at 800m ... swept league and district titles in the half-mile in both his junior and senior seasons ... was runner-up in the 800m at state in 2002, and took second at state in the 4x400m in 2003 ... made his Dempsey Indoor debut with an 11th-place finish in the 800m at the 2003 Last Chance Qualifier, in a prep-best 1:52.16 ... was second in the 800m at the 2003 National Scholastic Indoor Championships at the New York Armory ... took fourth in the event at the 2003 Arcadia Invite, and was seventh at the 2003 Seattle International ... captained both the track and cross-country squads as a senior ... earned seven letters at Bainbridge ... plans to study medicine.

Collegiate Best Marks

800m..... 1:50.25 800m (indoor)..... 1:52.09



ARAYA

gobena

RFr. • Seattle, Wash. • Nathan Hale HS



2004-05: Redshirted the cross country and track and field seasons ... did not run unattached in any UW competitions.

High School and Personal: Born in Addis Ababa, Ethiopia ... has three siblings, brother Biniam, and sisters Medina and Tqist ... earned prep All-American honors with a ninth-place finish at the 2001 USA Junior National Cross Country Championships in Omaha, Neb. ... placed 18th at state cross country meet in 2001, and was the 11th overall finisher in 2003 ... took fourth in the 3200m, in 9:27, at the 2004 state track meet ... led Nathan Hale to a sixth-place finish at state in 2004 ... was named All-State in cross country in 2003, and was Nathan Hale's boys' track Most Inspirational Athlete in 2004 ... garnered postseason scholar-athlete awards from the U.S. Marine Corps and the 101 Club ... a talented cook, has considered a career as a chef.

Personal Best Marks

400m..... 53.7 800m..... 1:58 1600m..... 4:18 3200m..... 9:22
XC: 5000m..... 15:32

W

JON
harding

RFr. • Issaquah, Wash. • Issaquah HS



2004-05: Redshirted the fall cross country season ... made cross debut in the spring at the U.S. Junior Nationals, placing 13th ... ran sixth overall at the NACAC Championships in Florida, leading Team USA to sixth ... was 16th in the 3000m and sixth in the DMR at the 2005 MPSF Championships, before redshirting the 2005 outdoor track season.

High School and Personal: Parents are Jill and Jim ... is the oldest of six siblings ... father is a 1978 UW grad ... the 2004 state champion at 3200m ... took third at the state cross country meet in 2002, and was the 28th-place finisher in 2001 ... led Issaquah cross country to second at state in 2002, and fourth in 2001 ... competed in the two-mile at the 2004 Arcadia Invitational, finishing in 9:22 ... ran 17th overall in the 2002 Border Clash cross country meet ... also competed at the Junior Olympics Nationals in 1998, running the 1500m ... named most inspirational by his track teammates in 2004 ... interests include skateboarding and video production, and is considering a career as a graphic artist.

Collegiate Best Marks

1500m..... 3:55.59 5000m..... 14:28.37 Mile (indoor)..... 4:14.14 3000m (indoor)..... 8:20.39



JON
hickey

Jr. • Richland, Wash. • Hanford HS

Ran in UW's top-seven in 2004, just six months after having a cancerous tumor removed from his forehead in the spring ... has raised more than \$6,000 for cancer research since 2004 as the founder of the Tri-Cities Race Against Cancer ... a three-time Pac-10 track qualifier, and the third-fastest indoor 5000m runner in UW history. **2004-05:** Returned at full strength after having a tumor removed in the spring ... earned second-team Academic All-Pac-10 honors in the fall ... placed third overall at the Sundodger Invite ... was 35th overall, and fourth for UW, at the Pac-10 meet ... ran No. 6 for UW at the Pre-National Meet ... redshirted the indoor and outdoor track seasons. **2003-04:** An Academic All-Pac-10 honorable mention honoree in cross country, and a second-team academic all-conference pick on the track ... competed just once during the 2003 cross country campaign, placing seventh at the Geoduck Invite ... a Pac-10 and NCAA Regional track qualifier at 5000m ... saw his outdoor season cut short for health reasons ... season-best 5000m time of 14:14.24 led all Huskies outdoors in 2004 ... indoors, logged the third-fastest 5000m time in UW history with a 14:11.39 at the Last Chance Qualifier ... placed ninth in the mile at the MPSF Championships, in 4:08.28. **2002-03:** Redshirted the 2002 cross country season ... competed three times unattached in the fall, including a 16th-place finish at Emerald City, and a 23rd-place finish at Sundodger ... took 16th in the 1500m at the Pac-10 meet ... ran season-best 1500m time of 3:49.18 at Oregon's Pepsi Invite ... was also a Pac-10 qualifier at 5000m ... ran at every distance from 800m to 5000m, and led distance medley relay to a 10:01.35 posting.

High School and Personal: Parents are Eva and John ... has a younger brother, James ... placed fifth at the 2001 state 3A cross country meet, finishing in 16:13 ... earned all-state and all-league cross country honors in 2001 ... won two state titles on the track in 2002 ... captured the 1600m crown in 4:14.23, and won the 3200m in 9:09.58, both personal bests ... led Hanford to district and regional titles in 2001, and second at state ... placed fifth in the 3200m at state in 2001 ... ran second in the mile at the 2002 Pasco Invite ... an Academic All-State honoree ... majoring in political science.

Collegiate Best Marks

1500m..... 3:49.18 5000m..... 14:14.24 Mile (indoor)..... 4:08.28 3000m (indoor)..... 8:14.89 5000m (indoor)..... 14:11.39
XC: 8000m..... 24:21





CALEB *knox*

Soph. • Mill Creek, Wash. • Jackson HS

2004-05: Ran in four meets as a true freshman in 2004, including twice unattached ... was the eighth UW finisher, 54th overall, at the Pac-10 Championships ... also ran attached at the Emerald City Invite, placing fifth ... unattached finishes included a 34th at Sundodger, and 52nd at

Willamette ... was UW's No. 2 steepler during the 2005 outdoor season, clocking a best of 9:20.65 at the Ken Shannon Invite ... indoors, was sixth in the DMR, and 21st in the 3000m, at the MPSF Championships ... also competed in the mile, 1500m and 5000m.

High School and Personal: Born in Aurora, Colo. ... parents are Linda and Steve ... has a younger sister, Aubrea ... ran 14th overall at the 2003 state cross country championships ... placed 26th at the 2004 Border Clash cross country meet ... finished the 2004 indoor track season ranked ninth in the nation at two miles, with a best of 9:13.79 ... missed the 2004 track season with an injury ... named to DyeStat's "Hot 100" list of West Region preps in the fall of 2003 ... ran 10th in the 1600m, and 14th in the 3200m, at the 2003 state track meet ... a first-team All-WesCo 4A selection at both 1600m and 3200m in 2003 ... also earned first-team All-WesCo honors in 2002 ... placed second at the 2002 district cross country meet ... was sixth in the 3200m at the 2003 Pasco Invite, in 9:30.41 ... clocked personal-best 3000m time of 8:32 at the 2004 Last Chance Qualifier at Dempsey Indoor.

Collegiate Best Marks

1500m..... 3:59.35 Steeple..... 9:20.65 5000m..... 15:33.21 Mile (indoor)..... 4:16.34
3000m (indoor)..... 8:33.33
XC: 8000m..... 25:14



BRAD *liber*

Soph. • San Diego, Calif. • University City HS

2004-05: Was outstanding in first full season of cross country ... one of just four Huskies to run in the team's top-six at all four varsity meets ... ran third for UW at the NCAA West Regional, placing 45th in 31:45 ... the No. 6 UW finisher at the Pac-10 meet ... led the team with a sixth-place finish at the Willamette Invite ... ran fifth on the squad at Pre-Nationals, and was the sixth UW finisher at Sundodger ... continued his terrific debut season on the track, placing 10th in the 10000m at the Pac-10 meet ... 10K season-best of 29:59.22 was just six seconds shy of UW's all-time top-10 ... one of four Huskies to break 30 minutes in the 10K last season. **2003-04:** Was statistically UW's top redshirt in the fall of 2003 ... ran unattached on four occasions ... placed fifth in first collegiate race, at the Emerald City Invite ... was 32nd at the Sundodger meet, eighth at the Geoduck, and was fourth in the open race at the Pac-10 Championships ... took 29th at the U.S. Junior Cross Country Nationals in February ... redshirted the outdoor track season after competing attached indoors ... ran unattached outdoors at 1500m, 5000m and 10000m ... showed the most promise in the long race, clocking 30:29.96 in his first-ever 10000m at the Oregon Invite ... took 16th in the 5000m at the MPSF Championships.

High School and Personal: Parents are Leslie and Brad ... the eighth-place state cross country finisher in 2002 ... led school to second at state and a San Diego CIF title in 2002 ... won the 1600m and 3200m at the 2003 San Diego Sectionals, and qualified for state finals at 3200m ... also swept league titles in 2002 ... was CIF Champ at 3200m in 2002 ... earned All-CIF honors in the 1600m as a sophomore, and was all-league at 800m his freshman year ... took second at the 2003 Manhattan Invitational ... was named the San Diego Union-Tribune's Athlete of the Month ... earned a 3.67 GPA in high school.

Collegiate Best Marks

1500m..... 3:56.89 5000m..... 14:25.96 10000m..... 29:59.22
Mile (indoor)..... 4:18.18 3000m (indoor)..... 8:42.53 5000m (indoor)..... 14:49.23
XC: 8000m..... 25:28





MARK *mandi*

Sr. • Everett, Wash. • Mariner HS



Will serve as co-captain for the second-straight year ... among UW's all-time top-10 in the three different events ... an All-Pac-10 cross country honoree in 2004 ... has finished in the Pac-10's top-15 each of the past two seasons ... has run in UW's top-two in each of his last seven races ... did not run competitively until his junior year of high school. **2004-05:** Led all UW finishers at the Sundodger, Pre-National and Pac-10 meets ... earned All-Pac-10 honors with a sixth-place finish at Pac-10s, equaling UW's fifth-best ever ... was team's No. 2 runner at the NCAA Regional ... earned first cross country win at any level at the Sundodger Invite ... was the first Husky men's runner to win the UW-hosted Sundodger since 1993 ... ran 14th overall at Pre-Nationals ... on the track, earned top-20 finishes in the 5000m at the Pac-10 (11th) and NCAA Regional (19th) ... one of four Huskies to break 30 minutes in the 10K in 2004, his best of 29:38.41 the eighth-fastest in UW history ... an NCAA provisional qualifier at 10000m ... redshirted the 2005 indoor season ... earned second-team Academic All-Pac-10 honors in the fall, and earned honorable mention in the spring. **2003-04:** A second-team Academic All-Pac-10 selection in track and cross country ... led the UW men back to the NCAA Championships for the first time since 1993 ... was UW's top NCAA finisher, crossing the line 67th ... ran second for UW at Pac-10s and Regionals, placing 15th and 32nd, respectively ... one of just two Huskies to place among the UW's top-five at every varsity race ... led UW at 10000m on the track, his best of 29:48.92 UW's seventh-fastest ever ... earned 10th in the 10000m, and 11th in the 5K, at Pac-10s ... also cracked UW's indoor top-10 in the 5000m (4th, 14:12.51) and 3000m (4th, 8:04.93), both NCAA provisional qualifiers. **2002-** Earned Academic All-Pac-10 honorable mention in both track and cross country ... ran in every varsity race ... was fifth on the squad, 43rd overall, at the NCAA Regional ... took 36th at the Pac-10 meet, fifth at the Emerald City, and 22nd at Sundodger ... was UW's top runner at 10000m on the track, taking 11th in the event at the Pac-10 meet ... lowered 5K PR by nearly a minute, to 14:42.83, at Oregon ... indoor 5K best of 14:48.40 was then ninth-fastest ever at UW. **2001-02:** Redshirted the year ... ran unattached at 1500m and 5000m, with bests of 4:08.06 and 15:31.82 ... also ran the mile and 3000m indoors.

High School and Personal: Parents are Daisy and Reynaldo ... both brothers, Reynaldo and Santiago, attend UW ... did not run competitively until his junior year ... ran at the 2000 Cross Country Junior Olympics Nationals in Reno, Nev. ... earned a top-50 finish at state in 2000 ... captained the Mariner cross country squad in 2000 ... named Mariner's Outstanding Distance Runner in 2001 ... named a Washington Scholar, having graduated with a 3.92 GPA.

Collegiate Best Marks

5000m..... 14:05.99 10000m..... 29:38.41 Mile (indoor)..... 4:08.03 3000m (indoor)..... 8:04.93 5000m (indoor)..... 14:12.51
XC: 8000m..... 24:06 10000m..... 30:29



JEREMY *mineau*

Soph. • Menlo Park, Calif. • Menlo-Atherton HS

The Pac-10's No. 2 freshman at the 2004 conference meet ... named top newcomer by his teammates last season ... represented Team USA at the World Junior Cross Country Championships in March. **2004-05:** One of three freshmen in UW's top-10 at Pac-10s ... was UW's No. 3 runner, 27th overall, at the Pac-10 meet, second-best among Pac-10 freshmen ... also ran third for UW at Pre-Nationals, and was UW's No. 7 runner at the NCAA West Regional, his first-ever 10000m competition ... beat all but two Husky finishers in unattached debut at the Sundodger Invitational, placing eighth ... qualified for the world cross country championships with a fifth-place finish at the U.S. Junior Nationals in February ... was Team USA's No. 6 finisher at worlds, placing 68th overall ... ran the 5000m in 14:11.81 indoors, fourth-best ever at UW ... redshirted the outdoor season, competing unattached at 1500m and 5000m.

High School and Personal: Parents are Diana Gibson and David Mineau ... ranked second in the state, and 12th in the nation in 2004 with a 3200m PR of 9:01.54 ... swept Central Coast Section Cross Country Runner of the Year and Middle-Distance Runner of the Year honors during the 2003-04 season ... won CCS cross country titles in 2002 and 2003, including a course record in 2002 ... also won back-to-back section titles in the 3200m ... placed second at the 2003 Division-I state cross country meet ... captained Menlo-Atherton as a senior ... also excelled in the classroom, graduating with a 3.9 (unweighted) GPA.

Collegiate Best Marks

1500m..... 3:54.21 5000m..... 14:18.31 Mile (indoor)..... 4:16.34
3000m (indoor)..... 8:15.00 5000m (indoor)..... 14:11.81
XC: 8000m..... 24:34 10000m..... 33:19





CARL *moe*

Soph. • Auburn, Wash. • Auburn-Riverside HS

Returns in 2005-06 after missing the 2004-05 season ... will be a co-captain this fall ... set UW freshman records in the 1500m outdoors (since broken), and in the 3000m indoors ... ranks among UW's top-10 all-time indoors in the mile and 3000m, and ran legs on four of UW's top-six distance medley relays all-time. **2004-05:** Redshirted the 2004-05 season with plantar fasciitis ... ran unattached four times outdoors, including a win in the 1500m at the Ken Shannon Invite. **2003-04:** The only freshman to compete in every varsity race during the 2003 fall season ... helped UW reach the NCAA meet for the first time since 1993 ... was UW's No. 4 runner at the NCAAs ... was third for UW, 35th overall, in first-ever 10000m competition, at the NCAA Regional ... ran 30th at Pac-10s to lead a third-place team finish ... debuted 13th at Sundodger ... on the track, set UW freshman 1500m record (since broken) of 3:44.91 at Oregon ... despite an injury, was one of four Huskies to qualify for the Pac-10 1500m final, placing eighth ... also qualified for Pac-10s in the steeple ... ran 15th in the 1500m prelims at the NCAA Regional ... of seven indoor races in 2004, six ranked among the top-10 all-time at UW ... went 8:02.82 in first collegiate 3000m, fastest ever by a Husky frosh and UW's third-fastest all-time ... made UW track debut in the mile at the UW Indoor Preview, clocking the ninth-fastest mark ever by a Husky, in 4:07.15 ... ran the third (800m) leg of UW's school-record DMR at the Last Chance Qualifier (9:35.35) ... relay broke UW record set earlier in 2004 by Moe and his teammates, who clocked 9:38.09 at the Husky Invite ... also ran legs of UW's fifth- and sixth-fastest DMRs all-time.

High School and Personal: Parents are Kathy and Dave ... has an older sister, Kelsie ... aunt, Marjan Howard, competed for UW's track and cross country teams in the 1970s ... named Gatorade's 2003 Track and Field Athlete of the Year for the state of Washington ... also earned athlete of the year honors from the Tacoma News-Tribune and Seattle Post-Intelligencer ... the 2002 class 4A state cross country champion ... logged one of the top prep track seasons in state history in 2003 ... set a state record, and ranked third nationally, with a time of 8:48.04 for 3200m at the Arcadia Invite ... won the state title at 1600m in a meet-record 4:05.09, just one second off the state record ... was defeated just once during the 2003 prep season, taking third in the 800m at state ... was second in the mile at the 2003 Golden West Games ... as a junior, took third at state in both the 1600m and 3200m, and was fifth in the mile at Golden West ... fourth in the 1600m at state in 2001 ... earned eight letters, and was twice team captain ... earned a 3.7 GPA.

Collegiate Best Marks

800m..... 1:51.84 1500m..... 3:44.91 Steeple..... 9:14.65 5000m..... 14:17.26 Mile (indoor)..... 4:07.15 3000m (indoor)..... 8:02.82
XC: 8000m..... 24:44 10000m..... 30:33



MATT *owen*

Jr. • Yakima, Wash. • East Valley HS



2004-05: Ran in UW's top-seven at every varsity race in 2004 ... ran seventh for UW, 40th overall, at the Pac-10 meet, and was UW's No. 6 runner at the NCAA Regional ... also ran No. 7 for UW at the Sundodger and Pre-National meets, and was the Huskies' No. 2 finisher at Willamette ... on the track, ran in UW's top-five in the 1500m and 5000m ... won the 1500m at the Ken Foreman Invite in a season-best 3:52.46 ... took 25 seconds off his 5K personal best with a time of 14:27.66 at Stanford ... ran 12th in the 5000m at the MPSF Indoor meet. **2003-04:** Competed three times during the fall season, with a top finish of second in the open race at the Pac-10 Championships ... ran 21st overall at the Sundodger, and sixth at the Geoduck ... ran sparingly during the track season while nursing an injury ... focused on the 5000m outdoors, with a season-best of 14:52.87 ... ran just once unattached indoors. **2002-03:** Redshirted the track and cross country seasons ... competed unattached three times in the fall, with a best finish of 30th, at the Emerald City Invite ... also competed at the Sundodger and Willamette Invites ... ran 8:53.08 for 3000m indoors in lone track appearance.

High School and Personal: Won second-straight 2A cross country title in 2001 ... winning time of 15:43 was nearly a minute faster than time of 16:25 in 2000 ... also won the state 3200m title on the track ... was the state runner-up in the event as a junior, adding a ninth-place finish in the 1600m ... earned All-Region honors with a top-25 finish at the 2001 Foot Locker West Regional meet ... was sixth overall the 2001 Nike Border Clash ... also won the 2001 Shoreline Invitational.

Collegiate Best Marks

1500m..... 3:52.46 5000m..... 14:27.66 Mile (indoor)..... 4:17.77 3000m (indoor)..... 8:22.25 5000m (indoor)..... 14:46.45
XC: 8000m..... 24:54 10000m..... 32:50



KEVIN *peters*

Jr. • Menlo Park, Calif. • Menlo-Atherton HS



Expected to have best cross country season to date after a breakout track campaign ... a member of UW's all-time top-10 indoors in the 5000m, and outdoors at 10000m. **2004-05:** Earned second-team Academic All-Pac-10 honors for track, and was an honorable mention pick in the fall ... ran third for UW, fourth overall, at the Emerald City meet, and was the team's No. 5 runner at Willamette ... also placed 33rd at Sundodger ... had a breakout season on the track ... ran sixth in the 5000m at the MPSF meet in 14:17.14, seventh-fastest ever indoors at UW ... qualified provisionally for the NCAA Championships outdoors with a time of 29:31.43 in the 10000m at Stanford ... 10K time was UW's seventh-best ever, and the second-fastest by a Husky since 1987 ... ran 12th in the 10K sat the Pac-10 meet ... one of four Huskies to break 30 minutes in the 10K in 2005 ... took more than a minute off his 10K personal best in 2005, and shaved more than 31 seconds from his 5K career-best. **2003-04:** Redshirted the 2003 fall season ... ran four times unattached ... was 12th overall at the season-opening Emerald City Invitational ... 27th-place Sundodger finish was tops among Husky redshirts ... earned 15th place at the Geoduck Invite, and was the fifth-place finisher in the open race at the Pac-10 Championships ... ran three times outdoors, at distances from 1500m to 10000m ... indoors, ran twice each at 3000m and 5000m ... took 13th in the 5K at the MPSF Championships in 14:44.84.

High School and Personal: Parents are Cheryl and Mark ... has an older sister, Amy ... a three-time state cross country qualifier ... missed his senior season with an injury ... competed in the 3200m at the state track meet in 2000 ... won District IV cross country championship in 2001 ... a four-time letterman, and two-time team captain ... graduated with a 3.69 GPA.

Collegiate Best Marks

1500m..... 3:54.87 5000m..... 14:29.92 10000m..... 29:31.43 3000m (indoor)..... 8:28.06
5000m (indoor)..... 14:17.14
XC: 8000m..... 25:14



TOM *peterson*

RFr. • Modesto, Calif. • Beyer HS

2004-05: Redshirted the cross country and track seasons to preserve a year of eligibility ... ran four times unattached in the fall, including a 16th-place finish at the Emerald City meet ... also ran at Sundodger, Willamette and the Jim Danner Invite ... sat out the indoor season before competing three times unattached outdoors ... clocked PRs of 1:58.54 (800m) and 3:59.65 (1500m).

High School and Personal: Born in Fremont, Ohio ... parents are Teresa and Reuben ... has two older sisters, Corinne and Jackie ... ran 22nd at state in 2002 ... was the 15th overall finisher at the 2002 Stanford Cross Country Invitational ... qualified for state in the 1600m in 2003 ... won the sectional championship in the 1600m as a sophomore, in 4:18 ... also snagged a sectional title during the 2003 cross country season ... named all-district all four years, and was an all-section pick as a junior and senior ... was an eight-time academic all-conference selection, graduating with a 4.0 (weighted) GPA ... interested in pursuing a career in chiropractic care.

Collegiate Best Marks

800m..... 1:58.54 1500m..... 3:59.65
XC: 8000m..... 25:46





MIKE *sayenko*

Jr. • Bellevue, Wash. • Sammamish HS

Missed nearly four months in 2004 with a broken leg, after being struck by a car during the summer ... returned for the final cross country meet of the 2004 season ... among UW's all-time top-10 competitors at 10000m. **2004-05:** Earned Academic All-Pac-10 honorable mention for both cross country and track ... limited by injury to just one fall appearance in 2004 ... was UW's No. 4 runner, in 51st overall, at the NCAA Regional ... was among UW's top competitors in the mile and 3000m indoors ... ran 13th in the 3000m at the MPSF Championships ... outdoors, logged a 29:50.09 for 10000m at Stanford, the ninth-fastest in UW history ... placed 11th in the 10K at the Pac-10 meet ... one of four Huskies to break 30 minutes in the 10000m in 2005. **2003-04:** Ran in UW's top-six at all three postseason races ... was the team's No. 5 runner at the NCAA meet ... helped UW to a 21st-place finish in team's first national-meet appearance since 1993 ... ran No. 4 for UW, 36th overall, at the NCAA Regional ... was 35th at the Pac-10 meet, sixth among UW finishers ... earned Academic All-Pac-10 honorable mention in the fall ... competed at the Pac-10 meet in both the 5000m and 10000m, taking 11th in the latter before withdrawing from the 5K ... clocked 5K and 10K season-bests of 14:34.55 and 30:12.42, respectively ... indoors, ran unattached in the mile, 3000m and 5000m ... indoor 5K best of 14:23.32 would have ranked sixth all-time at Washington. **2002-03:** Redshirted the year ... competed unattached three times in the fall ... led all UW finishers at the Willamette Invite, in 25th ... ran ninth at Emerald City, and 26th at the Sundodger ... indoors, ran unattached at 3000m ... took fifth in the 10K, in 30:49.70, at the U.S. Junior Track Nationals.

High School and Personal: Born Mikhail Sayenko in Odessa, Ukraine ... parents are Lyudmila and Andrey ... set school 3200m record with a personal-best time of 9:12 in a 16th-place finish at the 2002 Arcadia Invite ... earned All-West Region honors with a top-25 finish at the 2001 Foot Locker West Regional ... was fourth at the both the 2000 and 2001 state 3A cross country meets, in 16:31 and 16:11, respectively ... was third in the 3200m at the 2002 state track meet ... also took seventh in the mile at state in 2002, finishing in 4:19.89 ... as a junior, was fourth at state in the 3200m, and ninth in the mile ... set course record at Sammamish State Park ... an architecture major.

Collegiate Best Marks

1500m..... 3:55.33 5000m..... 14:33.79 10000m..... 29:50.09 3000m (indoor)..... 8:14.60 5000m (indoor)..... 14:23.32
XC: 8000m..... 24:37 10000m..... 30:34

ADAM

shimer

Soph. • Edmonds, Wash. • Meadowdale HS



2004-05: Ran at the Emerald City and Sundodger Invites in the fall, placing second and 20th, respectively ... earned top-10 finishes in his only two outdoor track appearances, both at 5000m ... ran indoors in the mile and 3000m. **2003-04:** Redshirted the cross country and track seasons ... was among the Huskies' highest-finishing redshirts at all four fall meets in which he competed ... ran in the Emerald City, Sundodger and Geoduck Invitationals, and in the open race at the Pac-10 Championships ... placed eighth at the Geoduck ... in March, ran a career-best 8000m cross country time of 25:40 to place 18th at the U.S. Junior Nationals ... competed four times unattached during the track season, including twice each indoors and out ... won first-career outdoor 5K race with a time of 14:52.86 at the Ken Shannon Invite ... also attempted the 10000m.

High School and Personal: Both parents, Kaya and Mike, attended UW ... has a younger sister, Shirley ... took second at the 2002 state cross country meet, and was the eighth-place state finisher in 2001 ... earned All-State cross country honors both years ... a first-team All-WesCo cross country selection each of his last two seasons ... won league cross country title in 2002, and was third at the regional meet ... earned fourth at the 2001 WesCo cross country meet ... led Meadowdale to a seventh-place state cross country finish in 2002 ... won district cross country titles in 2001 and 2003, and district two-mile crowns in 2002 and 2003 ... a 10-time prep letterwinner, served three years as captain ... named prep athlete of the month three times ... also lettered in swimming.

Collegiate Best Marks

5000m..... 14:52.86 10000m..... 31:28.61 Mile (indoor)..... 4:20.87 3000m..... 8:42.84
5000m (indoor)..... 14:57.22
XC: 8000m..... 24:55

2005 Washington Cross Country



JAMES *wilson*

So. • Yakima, Wash. • West Valley HS



2004-05: Redshirted the cross country and track seasons ... ran unattached at the first three meets of the year before making his official UW debut in the open race at the Pre-National meet ... was the ninth UW finisher, in 64th overall, at the Pac-10 Championships ... placed seventh in unattached debut at the Emerald City Invite ... was 51st at Sundodger, and 34th at Willamette ... one of three freshmen to run with the varsity last season ... was active during the outdoor track season at distances from 1500m to 5000m ... indoors, competed in the mile and 3000m.

High School and Personal: Parents are Gwen and John ... has an older brother, Brian ... the fourth-place state cross country finisher in 2003 ... captained West Valley to a sweep of league, district and state cross country titles as a senior ... won the 2003 Enumclaw Cross Country Invite, and was the ninth-place finisher at the 2003 Nike Border Clash ... a two-time first-team All-Mid-Valley League honoree, and a nominee for Yakima Valley Athlete of the Year honors in 2004 ... followed up an outstanding cross season with a win in the 3200m at the 2004 district track championships ... placed 73rd at the state cross country meet as a junior.

Collegiate Best Marks

1500m.....	3:57.97	Steeple.....	9:43.03	5000m.....	15:36.58
Mile (indoor).....	4:16.13	3000m (indoor).....	8:30.19		
		XC: 8000m.....	25:03		



TOM *wyatt*

RFr. • Tacoma, Wash. • Charles Wright Acad.

2004-05: Redshirted the cross country and track seasons while rehabilitating a preseason back in jury.

High School and Personal: Born in Dallas, Texas ... parents are Nancy and Todd ... has a younger brother, Russell, and an older sister, Kelly ... is a third-generation collegiate track competitor; father ran for Pomona-Pitzer College, and grandfather competed at Cal ... one of the nation's most outstanding preps in 2003-04, earning prep All-American honors from Adidas and the National Scholastic Sports Foundation ... finished senior season ranked sixth nationally in the mile, and fifth indoors at 3000m, by Track and Field News ... captured six individual state titles during his prep career ... led Charles Wright to a sweep of team and individual cross country titles at the 2003 state championships, winning in a meet-record time of 15:38 ... a first-team Foot Locker All-West Region selection in 2003 ... set Class A state records in the 1600m (4:12) and 3200m (9:17) ... clocked the nation's fifth-fastest indoor 3000m time in 2004 ... as a freshman, ran second at state in the 800m, third in the mile, and led the 4x400m relay squad to first ... missed his sophomore year with tendonitis, but returned in 2002-03 to claim third at state in cross country, second at state in the 800m and 4x400m relay, and a pair of state titles in the 1600m and 3200m ... successfully defended both state titles in 2004, and added the 2003 cross country crown ... ran third overall at the 2003 Nike Border Clash in Oregon ... placed eighth at the 2003 Foot Locker West Regional Cross Country Championships, and was the 26th overall finisher at the Foot Locker Nationals ... also lettered in soccer.

Personal Best Marks

800m.....	1:54.2	1600m.....	4:06.72	3200m.....	9:05.6
		XC: 5000m.....	15:18		



CHRIS
ahl

Fr. • Seattle, Wash. • Bishop Blanchet HS

Parents are Anne and Bill ... has two older brothers, Matt and David ... led Bishop Blanchet to three state cross country titles in four prep seasons ... placed third at state in 2004, and 20th in 2003 ... also earned three individual top-six state track finishes, including a third-place finish in the 3200m in 2005 ... ran 28th in the 2004 Footlocker West Region Championships at Mt. SAC, finishing in 16:34 ... graduated from Bishop Blanchet with honors, and was a member of the National Honor Society.

Personal Best Marks

800m..... 1:57.50 1500m..... 4:02.51 1600m..... 4:17.9
3200m..... 9:17.04 3000m (indoor)..... 8:53
XC: 5000m..... 15:56



ALEC
bromka

Fr. • Portland, Ore. • Catlin Gabel

Parents are Julie Mancini and Dennis Bromka ... older brother, Peter, was a two-year captain of the cross country team at Tufts University ... earned top-five finishes at the state cross country championships in each of his last three years ... was third at state in 2002, fifth in 2003 and fourth in 2004 ... won the West Valley League cross country title in 2002 ... won league track titles at 1500m (2003) and 3000m (2004, 2005) ... earned top-10 state track finishes all four years, including second-place finishes in 2003 (1500m), 2004 (3000m) and 2005 (3000m), and an eighth-place finish in 2002 (1500m) ... set an Oregon Class 2A record for sophomores with a time of 4:06.87 for 1500m in 2003 ... a three-year participant in the Nike Border Clash meet ... lettered all four years at Catlin Gabel ... interested in majoring in economics.

Personal Best Marks

800m..... 2:01.87 1500m..... 4:06.87 3000m..... 8:51.09



JOE
darda

Fr. • Ellensburg, Wash. • Ellensburg HS

Born in San Francisco, Calif. ... parents are Patty and Dave ... has two younger brothers, Zack and Sam ... won district meet as senior before placing eighth at state ... set 5000m cross country PR of 16:02 at 2004 state meet ... placed 27th at prestigious Border Clash cross country competition in 2004 ... was named the Mid Valley League's 2004 Cross Country Athlete of the Year ... also earned all-state honors as a senior, and was a three-time first-team All-MVP honoree ... a three-time state cross country championships participant ... earned three top-10 regional finishes during his prep career ... earned six high school letters, and served as cross country team captain in each of his final three seasons ... also lettered in soccer in 2003 ... graduated with a 3.928 GPA.

Personal Best Marks

1600m..... 4:27 3000m..... 8:59 3200m 9:34
XC: 5000m..... 16:02



MICHAEL
dols

Fr. • Chelan, Wash. • Chelan HS

Parents are Maria Ahlquist and Loren Dols ... has a younger sister, Kristina ... the 2003 state cross country champion ... finished in top-four at state three times, including third in 2002 and fourth in 2004 ... was 18th at state as a freshman ... won three state track titles in 2005, including the 400m (48.8), 1600m (4:26) and 4x400m relay ... took second at state in the mile in 2004, and third in 2003 ... a four-time district MVP honoree, twice each for cross country and track ... was twice nominated for North Central Washington Athlete of the year honors ... led Chelan to four-straight top-10 state cross country finishes, including a high of third in 2003 ... also led school to two district championships and a league championship ... plans to major in chemistry.

Personal Best Marks

400m..... 48.8 800m..... 1:57 1600m..... 4:17



BRAD *gehrig*

Fr. • Park City, Utah • Park City HS

Born in West Allis, Wisc. ... parents are Pat and Dale ... has an older sister, Erin ... took sixth at the 2004 state cross country championships, helping Park City to a fifth-place team finish ... earned three top-five finishes at the 2005 state track championships ... was third in the mile, fourth in the 3200m and fifth in the 800m ... a four-time all-state selection ... placed fourth in the two-mile at the 2005 BYU Invitational ... plans to major in physiology.

Personal Best Marks

800m..... 2:00 1600m..... 4:28 3200m..... 9:40
XC: 3-Mile 16:29



JORDAN *McNamara*

Fr. • Auburn, Wash. • Auburn-Riverside HS

Parents are Katy Holmes, a world-champion professional body builder, and Brad McNamara, a U.S. Marine ... has two younger siblings ... won the Sunfair Cross Country Invitational in 2004 ... earned a pair of third-place state track finishes in 2005, in the 1600m (4:16.6) and 3200m (9:19) ... won the 1600m at the 2005 Shoreline Invitational ... placed 10th in the 3200m at the Arcadia Invite in 2005 ... named athlete of the week by Seattle Times, King County Journal and Seattle Post Intelligencer ... led Auburn-Riverside to top-10 state cross country finishes in 2003 (7th) and 2004 (4th) ... helped team to consecutive league titles as a junior and senior, and a regional title in 2004 ... prep teammate of fellow Husky Carl Moe ... plans to major in history, and is interested in becoming a teacher.

Personal Best Marks

400m..... 52.6 800m..... 1:56.55 1600m..... 4:15.17
3200m..... 9:05.32
XC: 5000m..... 15:15



KELLY *spady*

Fr. • Mukilteo, Wash. • Kamiak HS

Parents are Sheri Henderson and Bob Spady ... has two younger brothers and a younger sister ... the 2004 Washington state 4A cross country champion ... time of 15:24 on the 5000m course was third-fastest in state championships history ... ran 10th at state in 2003, and 12th in 2002 ... placed 13th at the 2004 Foot Locker Cross Country Regionals in Walnut, Calif. ... finished sixth in prestigious Border Clash event in 2004 ... swept league and district titles in 2004 after finishing second and third, respectively, in previous season ... led team to top-10 state finishes his sophomore and junior seasons ... earned 4A State All-Star honors as senior ... ran 4th in 3200m at state in 2005 after placing 13th as a junior ... named athlete of the week by the Seattle Times and Seattle Post-Intelligencer in 2004 ... captained the cross country squad in 2004 ... interested in a career as a physical therapist.

Personal Best Marks

400m..... 53.0 800m..... 1:58 1600m..... 4:17
Mile..... 4:18 3200m..... 9:12
XC: 5000m..... 15:24



BRIAN *williams*

Fr. • Bellevue, Wash. • International School

Both parents, Joann and Tim, attended UW ... has two younger brothers and younger sister ... led the International School to runner-up league finishes in 2002 and 2003, and a third-place league finish in 2004 ... also led team to top-six Regional finishes in each of his three varsity seasons, and a 14th-place state finish in 2002 ... earned seven prep letters, including three in cross country and four in track ... captained the International School's cross country team in 2004 ... earned a 3.45 GPA in high school.

Personal Best Marks

400m..... 52.5 800m..... 1:53.33 1600m..... 4:25
3200m..... 9:54
XC: 5000m..... 15:24



KAITLIN

buckingham

RFr. • Dallas, Texas • Richardson HS

2004-05: Redshirted the 2004-05 cross country and track seasons ... did not compete in any fall cross country events ... ran unattached in the mile three times during the 2005 indoor season, posting a best of 5:28.55 at the UW Indoor Invite ... ran just once outdoors, clocking a 5:01.28 in an unattached race at the Ken Shannon Invite.

High School and Personal: Parents are Allisan and Roy ... has two older brothers, Ryan and Ross ... cousin, Dallase Scott, ran track at Chico State ... qualified for the state cross country championships as a junior, placing 40th overall ... ran 10th at the regional cross country meet as a junior, and was 15th her senior year ... also earned top-10 district finishes in each of her final two seasons, placing seventh in 2002 and 10th in 2003 ... was 11th at districts as a sophomore ... won the JV district title as a freshman ... earned six prep letters, including three each in track and field and swimming ... earned All-State honors in the pool in both 2003 and 2004 ... earned a 3.9 GPA in high school ... plans to pursue a degree in psychology.

Collegiate Best Marks

1500m..... 5:01.28 3000m (indoor)..... 5:28.55



TINA
gall

Soph. • Edmonds, Wash. • Edmonds-Woodway HS



2004-05: Ran just once in the fall, placing 27th overall and sixth among UW runners at the season-opening Emerald City Invite ... ran five times indoors in 2005, including four times in the mile ... clocked mile PR of 5:18.16 at the Last Chance Qualifier ... ran 16th in the 5000m at the MPSF Championships, in 18:39.62 ... ran twice each outdoors at 3000m and 5000m ... earned top-eight finishes in all four outdoor races. **2003-04:** Redshirted the cross country and track seasons to preserve a year of eligibility ... competed three times unattached during the fall campaign ... placed second among Husky redshirts at the season-opening Emerald City Invite ... clocked 5000m cross country PR of 20:01 three weeks later at the Sundodger Invitational ... ran just three times unattached during the track season, all at Dempsey Indoor ... focused on the 3000m event, twice clocking a best time of 11:06.15.

High School and Personal: Born in Novosibirsk, Russia ... parents are Svetlana Steknova and Alexander Gall ... has two siblings, older brother Dmitry and younger sister Julia ... a three-time letterwinner in cross country at Edmonds-Woodway High School ... also lettered one year in track, and served as team captain her senior year ... graduated with a 3.8 GPA ... taking pre-med coursework.

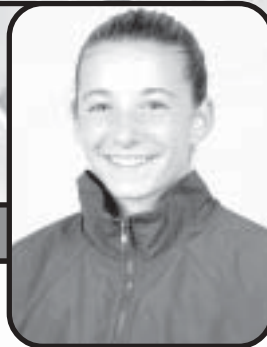
Collegiate Best Marks

Mile..... 5:20.29 5000m..... 18:39.62
3000m (indoor)..... 10:37.56 5000m (indoor)..... 18:37.66
XC: 5000m..... 20:01



OLIVIA *garrow*

RFr. • Seattle, Wash. • Nathan Hale HS



2004-05: Redshirted the fall cross country season ... ran unattached at the first three meets of the season, including a 13th-place finish at the season-opening Emerald City Invite ... was 74th at the Sundodger Invitational, and 66th at Willamette ... focused on the mile during the 2005 indoor season, posting a best of 5:24.26 at the Husky Classic ... outdoors, competed in all four UW home competitions ... clocked a season-best mile mark of 5:00.90 at the Ken Shannon Invite, and a best of 10:47.65 in the 3000m at the UW Outdoor Preview.

High School and Personal: Born in Barcelona, Spain ... parents are Katya Heller and Stephen Garrow ... has a younger sister, Willa ... named to the All-Metro League first team all four years of her prep career ... as a senior, placed 31st at the state cross country championships ... ran 20th overall at the district cross country meet in 2003, and was the fourth-place Metro League finisher ... led team to third at the Metro League Championships in 2003 ... named Most Inspirational by her teammates for both cross country and track during the 2003-04 campaign ... prep teammate of UW men's frosh Araya Gobena ... served as president of the National Honor Society ... graduated with a 4.0 GPA.

Collegiate Best Marks

1500m..... 5:00.90 3000m..... 10:47.65 Mile (indoor)..... 5:24.26



KIRA *harrison*

Jr. • Bellingham, Wash. • Meridian HS

One of just five returning letterwinners for UW this fall ... is sixth all-time on UW's indoor 800m list, 10th all-time in the mile, and has run on three of UW's 10-fastest distance medley relays. **2004-05:** Earned Academic All-Pac-10 honorable mention ... was UW's seventh finisher at the NCAA West Regional, helping Washington clinch its eighth-straight NCAA Championships berth, the sixth-longest streak in the country ... ran in the team's top-four at the Willamette and Pre-National meets, and was the No. 9 UW finisher at the Pac-10 meet ... among UW's leaders at 800m and 1500m for the second-straight year ... led DMR to fourth at the MPSF indoor meet, their time of 11:41.45 sixth-best ever at UW ... also placed seventh in the 800m at MPSFs ... placed 16th in the 800m at the Pac-10 meet ... won the 800m at the UW Outdoor Preview ... also competed in the 1500m and 4x400m. **2003-04:** Ran four times during the 2003 cross country season, including once unattached ... made UW debut in a 23rd-place finish at the Sundodger Invite ... unattached run at the Emerald City Invite marked her first-ever cross country race at any level ... also ran in open races at the Pre-National and Pac-10 meets, placing 42nd and fifth, respectively ... on the track, was top Husky freshman in both the 800m and 1500m ... led all Huskies in the half-mile, with a PR of 2:09.26 at the NCAA Regional ... placed 11th in the 800m at the Regional, and was 10th in the event at the Pac-10 meet ... clocked a personal-best 4:29.83 for 1500m at the Oregon Invite ... won the 1500m at the Ken Shannon Invite ... indoors, ran the fifth-fastest 800m in UW history with a 2:11.77 at the MPSF Championships ... placed sixth in the MPSF 800m and ran a leg of UW's third-place DMR ... led DMR to the second-fastest time in UW history at the Last Chance Qualifier, in 11:23.57.

High School and Personal: Parents are Diana and Brent ... has an older brother, Nathaniel ... granddaughter of Husky Hall of Famer Walter Harrison, a two-time UW track letterman and an outstanding center on the UW football team from 1940-42 ... did not compete in cross country as a prep ... won back-to-back state 2A 1600m titles in 2002 and 2003 ... set the state 2A record at 1600m ... led Meridian to a fourth-place finish at the 2003 state track meet ... never finished lower than sixth in any of four 800m races at state ... was the runner-up at 800m as a senior ... set a meet record in the 1600m at the 2003 Davis Invite ... was named Outstanding Athlete at the 2003 Nooksack Valley Invite after setting meet records at 800m and 1600m ... also earned first-team all-state honors in soccer ... led Meridian soccer to second at state in 2001 ... earned a 3.91 GPA.

Collegiate Best Marks

800m..... 2:09.26 1500m..... 4:29.64 800m (indoor)..... 2:11.77 Mile (indoor)..... 4:51.51
XC: 5000m..... 17:31 6000m..... 22:21





amy
lia

Soph. • Bothell, Wash. • Bothell HS

A co-captain in 2005 ... missed the 2004 spring and fall seasons with an injury ... returned in spring 2005 to earn All-America honors in the 1500m ... set UW freshman records in the 800m and 1500m in 2003. **2004-05:** Redshirted the 2004 cross country and indoor track seasons ... returned outdoors to earn All-America honors in the 1500m, placing 12th at NCAAs ... clocked a 4:18.19 in the NCAA prelim, a four-second PR and the third-fastest time ever at UW ... time was the ninth-fastest by a collegian in 2005 ... was fourth in the event at Pac-10s, and seventh at Regionals. **2003-04:** One of four freshmen to lead UW to 19th at the NCAA Championships ... ran third for UW at the NCAAs, in 21:19 ... placed 20th at the NCAA Regional to earn earned All-West Region honors ... was No. 2 for UW, 20th overall, at Pac-10s ... also ran No. 2 at Notre Dame and Pre-Nationals, and was the top UW finisher in her debut at Sundodger ... had one of the best indoor seasons ever by a UW frosh ... placed third in the half-mile at the MPSF Championships in 2:09.73, second-fastest ever at Washington and faster than any previous UW frosh ... also set UW freshman record of 4:50.51 in the mile, sixth-fastest ever at UW, and ran on the two fastest DMRs in UW history ... was limited outdoors after suffering an injury in March.

High School and Personal: Parents are Cathy Key and Tony Lia ... has an older brother, Joe ... won consecutive KingCo Conference cross country titles in 2001 and 2002 ... also captured back-to-back conference crowns in both the 800m and 1600m events ... a three-time top-20 finisher at the state 3A cross country championships ... the runner-up at the 1999 Junior Olympics cross country championships ... named Eastside Journal Athlete of the Week as a senior ... earned three letters, and was captain once ... also lettered in gymnastics, and played premier-league soccer for three years.

Collegiate Best Marks

800m..... 2:14.74 1500m..... 4:18.19 800m (indoor)..... 2:09.73 Mile (indoor)..... 4:50.51
XC: 5000m..... 17:26 6000m..... 21:01



BRIANNA
mcleod

Jr. • Jenks, Okla. • Jenks HS

One of just two top-seven returnees ... one of just two UW freshmen ever to win their collegiate debuts. **2004-05:** Earned Academic All-Pac-10 honorable mention for both track and cross country ... was UW's No. 6 finisher at the NCAA West Regional ... ran third for UW at the Sundodger and Willamette Invites, and was fifth on the squad at the Pre-National Meet ... redshirted the 2005 indoor season with an injury ... was 13th in the 5000m at the Pac-10 Championships outdoors ... also competed outdoors at 1500m. **2003-04:** One of just three Huskies to run in the team's top-seven all season ... one of four freshmen in the team's top-seven at the NCAAs ... ran fifth for UW at the NCAA meet, helping the team to 19th ... ran fifth for UW at Regionals, and fourth at Pac-10s ... became just the second freshman ever to win their UW debut with a victory at the Emerald City Invite ... a Pac-10 track qualifier at 1500m and 5000m, despite competing just four times ... just missed NCAA Regional standards in both events ... placed 12th in 1500m at the Texas Relays, in 4:32.82 ... set 5K PR of 16:59.50 at Stanford ... indoors, led DMR to a third-place MPSF finish in 11:46.30, eighth-fastest ever at UW.

High School and Personal: Born in Humble, Tex. ... parents are Daria and Tim ... has five siblings ... named a Verizon Prep All-American at 3000m in 2002 and 2003 ... named prep xc All-American by Nike and Harrier Magazine in 2001 and 2002 ... led Jenks to league, district and state cross titles all four years ... the three-time state 5A cross country champ, and five-time state track champ ... took second at state cross in 2001, while injured ... ranked sixth nationally at 3200m in 2003 ... placed third in the 3K at the 2003 U.S. Junior Nationals, and was fifth in 2002 ... ran second in the mile, in 4:50.90, at the 2003 Golden West Games ... earned two top-five finishes at the 2002 Nike Indoor meet ... set a meet record in the HS girls 1600m at the 2003 Texas Relays ... was honored as the state's top cross country runner with the Jim Thorpe Award, and was a finalist for the Wendy's High School Heisman ... competed for the U.S. at the 2003 Pan Am Junior Championships ... also won two state team titles and three state relay titles in swimming, and was a three-time top-five individual finisher ... earned a 4.28 GPA.

Collegiate Best Marks

800m..... 2:13.33 1500m..... 4:32.82 5000m..... 16:59.50
800m (indoor)..... 2:14.34 Mile (indoor)..... 4:53.23 3000m (indoor)..... 10:03.59
XC: 5000m..... 17:24 6000m..... 21:43





amanda miller

RFr. • Wenatchee, Wash. • Eastmont HS



Is beginning her first cross country season after earning All-America honors indoors in 2005 ... one of three UW frosh to earn All-America honors in 2005, the first to do so indoors since 1998 ... broke UW's school record at 800m as a freshman ... a four-time top-four state cross country finisher as a prep. **2004-05:** Redshirted the cross country season with an injury ... was dynamic upon return to the track indoors, placing eighth in the 800m at the NCAA Championships to earn All-America honors ... was UW's first female 800m All-American since 1985, and the Huskies' first freshman All-American indoors since 1998 ... broke UW's indoor 800m school record in first collegiate race at the distance, clocking a 2:08.33 at the Husky Classic ... proceeded to lower her own record two more times during the 2005 season, first to 2:07.32 at the Last Chance Qualifier, and then to 2:06.76 in the NCAA prelim ... time of 2:06.76 was fastest by a collegiate freshman indoors, and ranked 17th among American women indoors ... outdoors, was sixth in 800m prelim at the Pac-10 meet, and placed 17th in the event at the NCAA Regional ... also ran on UW's 4x400m squad, posting a best of 3:44.58 that was ninth-fastest in UW history ... ran on the relay at the Pac-10 meet.

High School and Personal: Parents are Barb and Doug ... won the prestigious Nike Border Clash in 2002, and was the fifth-place finisher the year before ... never finished lower than fourth in four years of state cross country competition ... captured the state 3A cross country title as a sophomore in 2001, leading Eastmont to a sweep of league, district and state titles ... finished third at the 4A level the following year, and was the fourth-place state cross country finisher in 2003 ... also grabbed a third-place state finish as a freshman, at the 2A level ... was equally dominant on the track, earning six state titles and 15 top-four state finishes ... as a sophomore in 2002, followed up her cross country state title with a sweep of state track titles in the 800m, mile, 4x200m relay and 4x400m relay ... also won state 800m crowns in 2001 and 2003 ... in addition to her state mile title in 2002, was a three-time state runner-up in the event ... lettered all four years in cross country and track, and served as captain in each of her last two seasons ... also lettered in basketball in 2001-02 ... named to the WIAA Coaches' All-State Cross Country team in both 2001 and 2002, and was the NCW Sports Award Female Athlete of the Year as a sophomore ... also excelled academically, earning valedictorian honors with a 3.9 GPA.

Collegiate Best Marks

800m..... 2:09.71 1500m..... 4:31.50 800m (indoor)..... 2:06.76 Mile (indoor)..... 4:57.46 3000m (indoor)..... 10:02.88



trish rasmussen

Soph. • Phoenix, Ariz. • Mountain Ridge HS

The only freshman to travel with the Husky varsity during the fall cross country season ... one of just five returning letterwinners this fall ... ran in the team's top seven one time in 2004. **2004 (Cross Country):** The only freshman to travel with the varsity in 2004 ... ran eighth on the squad at the Pac-10 meet, helping UW to third overall ... was the third UW finisher in the open race at the Pre-National Meet ... placed 23rd in debut at the Sundodger Invite ... also competed at Willamette ... on track, tried all distances from 1500m to 5000m ... made a successful debut in the steeplechase at the WSU Dual, her time of 11:10.07 sixth-fastest ever at UW ... was 25th in the 3000m at the MPSF Indoor meet ... competed in the mile and 3000m during the 2005 indoor season.

High School and Personal: Parents are Linda and Bob ... has two older brothers, Erik and Jeremy, the latter a four-year letterwinner in track and cross country at Arizona State ... never placed outside the top-15 at state cross country, with a best of fourth in 2003 ... was seventh in 2002, 14th in 2001, and 13th in 2000 ... swept regional cross country titles in 2002 and 2003 ... led Mountain Ridge to a sweep of team regional titles all four years, and to four-straight top-seven state cross country finishes ... captured state 3200m title in 2004, and was the state runner-up at 1600m ... a four-year all-state and all-region selection ... named regional runner of the year as a junior and senior, and was twice named to the All-Arizona team ... ran twice at the Foot Locker West Regional meet, and was the 13th-place finisher in the 3200m at the 2004 Arcadia Invite ... interested in pursuing a career in architecture or urban design.

Collegiate Best Marks

1500m..... 4:39.18 3000m..... 10:07.62 Steeple..... 11:10.07 5000m..... 17:34.36
Mile (indoor)..... 5:12.03 3000m (indoor)..... 10:13.17
XC: 5000m..... 18:11 6000m..... 22:05





DANI

Schuster

RFr. • Kennewick, Wash. • Kamiakin HS

Expected to be a major contributor this fall after redshirting her freshman season in 2004 ... placed 11th at the Washington prep cross country championships in 2003, after transferring from Torrey Pines High School in San Diego. **2004-05:** Redshirted the 2004 cross country season and track sea-

sons ... ran twice unattached in the fall, at both the Sundodger and Willamette Invitationals ... stayed out of all track competitions in the spring to rehabilitate a foot injury.

High School and Personal: Parents are Nancy Miller and George Schuster ... fourth of five siblings ... competed for three years at Torrey Pines High School in San Diego, before transferring to Kamiakin for her senior season ... placed 11th overall at the Washington state cross country championships in 2003, leading Kamiakin to third ... as a senior, placed fifth at state in the 800m, and earned a pair of second-place finishes, in the 800m and 1600m, at the district meet ... placed second at the 2002 Stanford Cross Country Invite in 18:13 ... as a sophomore, ran fourth at the California state cross championships in 18:15 ... earned 13th overall at the 2002 Foot Locker West Regional Cross Country Meet ... swept league and CIF titles at 800m as a sophomore, and was eighth in the event at state ... won the 1600m at the 2002 Arcadia Invite, setting a league record of 4:54 ... earned fourth at Arcadia the following year ... was equally successful in cross country as a freshman, placing fourth at the Stanford Invite, third at the league championships and fourth at the CIF Regional meet ... lettered all four years in cross country and track ... also excelled in the classroom, earning a 3.77 (unweighted) GPA.

Personal Best Marks

800m..... 2:12 1600m..... 4:54
XC: 5000m..... 18:13 6000m..... 22:23

KAREN

Schwager

Sr. • Langley, Wash. • South Whidbey HS

2004-05: Ran four times in the fall, including twice unattached ... ran fifth for UW 13th overall, at Emerald City ... also ran attached at Sundodger (75th), and unattached at the Willamette (73rd) and Jim Danner (25th) Invites. **2003-04:** Earned Academic All-Pac-10 honorable mention on the track ... ran in the team's top-seven at Emerald City, placing 19th overall ... also ran at the Sundodger and Geoduck Invites ... on the track, clocked 11:01.27 in the steeple at the Ken Foreman Invite, the fifth-fastest steeple mark in UW history ... qualified in the steeple for Pac-10s, placing ninth in 11:16.26 ... indoors, ran both the mile and 3000m. **2002-03:** Ran twice during the fall ... was the team's No. 3 runner at Willamette ... also ran at Sundodger ... outdoors, competed primarily at 1500m, with a best of 4:52.56 at the WSU Dual ... ran the mile and 800m events indoors ... took fourth in the 800m at the Pac-10 Invite in a personal best 2:25.08.

High School and Personal: Born Feb. 28, 1984 ... parents are Christine and Bruce, the latter a former Husky rower ... has a brother, Dan ... helped team to three top-10 state cross country finishes ... took 20th at state in 2001 ... notched three top-10 finishes at the 2002 state track meet ... was third in the 3200m, third in the 1600m and eighth in the 800m ... took 10th in the mile at the state meet in 2001 ... competed three years at the Pasco Invitational, with a best finish of eighth in the mile in 2002 ... served as captain of both track and cross country squads as a junior and senior ... was named team MVP as a senior for both sports ... excelled academically, helping both the 1999 cross country and 2002 basketball squads earn academic state titles ... earned academic all-state honors from the WSTFCA ... a national Scholar Athlete ... earned a 3.98 GPA.

Collegiate Best Marks

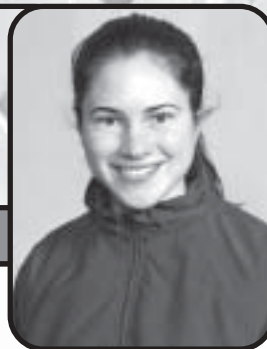
1500m..... 4:52.56 Steeple..... 11:01.27 800m (indoor)..... 2:25.08 Mile (indoor).....
5:14.36 3000m (indoor)..... 10:26.21
XC: 5000m..... 18:41

2005 Washington Cross Country



ANGELA *wishaar*

Sr. • Shoreline, Wash. • Shorewood HS



Will co-captain the Huskies this fall ... returns for her final season of cross country, after exhausting her track eligibility in the spring ... one of just two returning members of UW's top-seven ... ran in UW's top-five six times last season ... a four-time first-team Academic All-Pac-10 honoree. **2004-05:**

Earned first-team Academic All-Pac-10 honors for track and cross country ... after not having run among the team's top seven at any meet in her previous two seasons, was in the team's top-five at all six varsity meets ... took three minutes off of her 6K cross country PR ... ran fourth on the squad at the NCAA Championships, leading UW to 23rd ... earned All-West Region honors with an 18th-place Regional finish, third-best on the team ... was also UW's No. 3 runner at Pac-10s, placing 19th ... led all UW finishers at fifth overall at Sundodger ... made 10000m track debut at Pac-10s, placing 10th ... also competed at 1500m and 5000m during the outdoor season ... was fifth in the 5K at the MPSF Indoor Championships in 17:13.57, seventh all-time at UW. **2003-04:** Grabbed second-straight first-team Academic All-Pac-10 track honor, and was an honorable mention pick in the fall ... ran in four meets during the 2003 fall season ... was third in the open race at the Pac-10 meet, and 14th overall at the Geoduck Invite ... also competed at Emerald City and Sundodger ... enjoyed a breakout year on the track, lower-

ing 1500m PR by eight seconds and qualifying for her second-straight Pac-10 meet... placed 11th in the Pac-10 1500m final. ... clocked career-best of 4:31.56 at the Oregon Invite ... indoors, took seventh in the mile at the MPSFs ... also ran a leg of UW's third-place distance medley relay at the MPSF meet, the seventh-fastest DMR in UW history. **2002-03:** A first-team Academic All-Pac-10 selection on the track ... competed just once in the fall, at the season-opening Emerald City Invite ... took 17th in Pac-10 1500m track debut ... qualified for Pac-10s with a season-best of 4:39.04 for 1500m at Oregon. **2001-02:** Redshirted the 2001 cross country season ... on the track, focused on the 800m, with a best time of 2:21.22 indoors.

High School and Personal: Parents are Joni and James ... has two siblings, Nicholas and Valerie ... was Shorewood's team captain in 2001 ... lettered all four years ... was named Shorewood's Female Scholar Athlete of the Year in 2001 ... also lettered four years in soccer, leading squad to a Class 4A state title and a No. 8 national ranking in 2000 ... participated on Diamonte select soccer squad, leading team to club-level state title in 1997.

Collegiate Best Marks

800m..... 2:19.76 1500m..... 4:31.56 5000m..... 17:49.97 10000m..... 37:58.26
800m (indoor)..... 2:17.23 Mile (indoor)..... 4:37.40 5000m (indoor)..... 17:13.57
XC: 5000m..... 17:31 6000m..... 21:19



SAYAKA *yoshinaga*

Jr. • Seattle, Wash. • Ballard HS

2004-05: Did not compete during the fall ... ran 15th in the 5000m at the MPSF Indoor meet ... also ran the mile indoors, and the 3000m and 5000m outdoors ... shaved 38 seconds off her 5K best with a time of 18:13.30 at the Ken Shannon Invite. **2003-04:** Ran three times in the fall, including a

fourth-place finish in the open race at Pac-10s ... made UW debut at Sundodger, placing 34th ... also competed at the Geoduck Invite... showed versatility on the track, running at distances from one mile to 5000m ... scored top-five finishes in both of her outdoor 5K races in 2004 ... indoors, helped UW to a third-place finish at the MPSF meet with a seventh-place effort in the 5K in an indoor-best 18:12.38 ... also ran indoors in the mile and 3000m. **2002-03:** Redshirted both the cross country and track seasons.

High School and Personal: Parents are Tomoko and Takumi ... brother, Sho, is a receiver on the Husky football team ... has another brother, Riki ... took 37th at the state AAA cross country championships, and 17th at the AAA district meet, in 2001 ... was the 11th-place finisher in the 3200m at the state track meet in 2002, and placed fifth in the event at the district championships ... earned eight varsity letters, and served as captain of the track squad in 2002 ... was named Ballard's MVP for cross country as a junior and senior, and was the team's track MVP in 2001 ... contemplating an art major.

Collegiate Best Marks

1500m..... 4:51.45 3000m..... 10:35.99 5000m..... 18:13.30
Mile (indoor)..... 5:11.63 3000m (indoor)..... 10:28.80 5000m (indoor)..... 18:12.38
XC: 5000m..... 18:33 6000m..... 24:28





BROOKE
anderson

Fr. • San Diego, Calif. • University City HS

Parents are Leslie and John ... has a younger sister, Dayna ... four-time district champion in 5K ... placed 26th at the prestigious Roy Griak Invitational in 2004 ... also earned top-40 finishes at the Manhattan Invitational in 2003 and 2004 ... won league cross country title as a senior, and placed fourth at the CIF meet ... ran ninth at CIF in 2002 ... missed the 2003 state meet with an injury ... a two-time All-League and All-CIF honoree for cross country ... named Western League Runner of the Year in 2004 ... led team to four-year sweep of league titles, and a pair of top-10 state finishes ... earned 11 varsity letters, including four each for cross country and soccer, and three for track ... captained all three squads as a senior ... led track squad to league and CIF titles in 2004 and 2005, and led soccer team to a league title in 2004, and a CIF crown in 2003 ... a 2004 San Diego Union-Tribune first-team All-Academic honoree ... recipient of numerous area, state and national academic awards ... graduated with 4.67 GPA ... interested in a career in business.

Personal Best Marks

800m..... 2:19 1600m..... 5:07 3000m..... 10:45
XC: 5000m..... 19:17



ANNALIESE
chapa

Fr. • Portland, Ore. • Central Catholic HS

Born in Cleveland, Ohio ... parents are Patricia Eiting, a former sprinter and long jumper at Indiana; and Rodolfo Chapa, a star distance runner at Oregon ... has a sister, Alma, and three brothers, Juan, Alberto and Joaquin, the latter a distance runner at Stanford ... a 2005 Harrier Magazine All-American ... placed fifth in the 800m at the 2005 USA Junior Outdoor Track and Field Championships ... won district titles at 800m and 1500m in 2004, before placing second at state in both ... was seventh in 800m and fourth in 1500m at state as a junior, and sixth in both as a sophomore ... ran seventh in the 800m at the 2004 Golden West Games, in a lifetime-best 2:10.47 ... was 12th in the mile at the 2005 Nike Outdoor Nationals ... placed 23rd at the 2005 Washington/Oregon Border Clash ... earned a 3.6 GPA in high school.

Personal Best Marks

800m..... 2:10.47 Mile..... 4:51.47 3000m..... 10:12
XC: 5000m..... 18:02



ANITA
campbell

Fr. • Vancouver, B.C. • Aldergrove HS

Born in Surrey, B.C. ... parents are Lorna and Garnett ... has a brother, Quinn ... ran 84th overall at the 2005 World Junior Cross Country Championships in St. Etienne, France ... missed three months of the 2004 season with a broken leg ... finished fifth at Canadian Junior Cross Country Nationals in 2002 ... won the 3200m in a meet-record 11:12.96 at the 2005 World Junior Cross Country Championships ... won the B.C. prep cross country title in 2004 ... ran 11th in the 3000m at the 2003 World Youth Games ... was second in the 3000m and third in the 1500m at the 2002 B.C. prep track championships, and was second and fourth, respectively, in 2003 ... won the 2003 Sunfair Cross Country Invitational ... placed second in the 3000m at the 2003 Mt. SAC Relays ... won the bronze medal at the 2003 Canadian Legion Juvenile Cross Country Championships ... named 2004 B.C. Juvenile Cross Country Female Athlete of the Year in 2004 ... received B.C. Junior Development Award for distance running in 2001 ... has participated in ballet and karate, earning a blue belt in the latter.

Personal Best Marks

800m..... 2:20 1500m..... 4:41 3000m..... 9:57
XC: 5000m..... 17:32.27



EMILY
collins

Fr. • Eugene, Ore. • Marist HS

Born Apr. 5, 1987 ... parents are Jane Kitterman-Collins and Stan Collins ... has a younger sister, Elena ... won state 800m titles in 2002 and 2004, and was state runner-up in 2003 and 2005 ... also led 4x100m and 4x400m relays to state titles in 2005 ... swept district 800m titles all four years, and won three district 400m crowns ... set district 400m record of 58.19 as a junior ... led Marist to state championship as a senior ... named conference track athlete of the year in 2005 ... named Marist's outstanding student-athlete in 2005 ... a four-year track team MVP ... captained the cross country, track and soccer teams as a senior ... earned first-team all-league honors in soccer as a senior, and was a second team all-state selection.

Personal Best Marks

400m..... 58.19 800m..... 2:15.35



BROOKE *Lademan*

Fr. • Rolling Hills, Calif. • Peninsula HS

Born in Long Beach, Calif. ... mother's name is Paige ... has two younger brothers, Timmy and Patrick ... did not begin competing until her sophomore year of high school ... the fourth-place finisher at the 2004 Foot Locker Regionals in Walnut, Calif. ... ran 31st at the 2004 Foot Locker National Championships in San Diego ... finished fourth overall at the 2004 California state cross country championships ... led team to Bay League championship as sophomore and second place as a senior ... earned a 3.5 GPA in high school ... interested in a career in mechanical engineering.

Personal Best Marks

800m..... 2:21 1600m..... 5:06 3200m..... 10:48



TORI *tyler*

Fr. • Los Altos, Calif. • Gunn HS

Parents are Joan and John ... father was the former coach of USA Rugby ... older brothers Tavin and Trevor each played Division-I sports, Tavin in rugby at Santa Clara and Trevor in soccer at Cal Poly ... father coached USA Rugby ... sister, Tami, was a national-level ice skater ... ran third at the 2004 state cross country championships ... won the 2005 California state 3200m title in 10:38 ... placed fourth in the 5000m at the 2005 USA Junior Track and Field Nationals ... was 12th at the 2005 USA Junior Cross Country Nationals ... placed eighth at the 2004 Foot Locker West Regional Cross Country Championships, and 27th at the Foot Locker Nationals ... swept Central Coast Section cross country titles in 2003 and 2004, and was second in 2002 ... also won the 3200m at the CCS meet in 2003 and 2004 ... qualified for state in the 1600m as a freshman ... an honorable-mention cross country All-American in 2004 ... named to the San Jose Mercury-News' All-Area team for cross country and track as a senior ... a first-team all-league and All-CCS honoree in 2004 and 2005 ... named MVP of track and cross country squads as a senior ... earned 10 varsity letters, including four each for track and cross country, and two for soccer ... excelled as a club soccer player, earning all-district and all-area honors at the U14, U15 and U17 levels ... led club soccer team De Anza Sharks to state club championship ... named High School Sports Focus' Scholar Athlete of the Year 2004 ... graduated with 3.8 GPA.

Personal Best Marks

1600m..... 5:00 3200m..... 10:31 5000m..... 16:50
XC: 17:37



KARINA *wegman*

Fr. • Seattle, Wash. • Bishop Blanchet HS

Parents are Betty and Dan ... has a younger brother, Dan, and an older sister, Danielle ... sister plays basketball at Whitworth College ... led team to three-straight league track championships from 2002-04, extending a string of seven-straight league titles dating back to 1998 ... the sixth-place finisher in the 3200m at the 2004 Metro League Championships ... lettered three years in track, and served as captain in 2005 ... also lettered in soccer in 2001, and in basketball in 2001-02 ... boasts the second-fastest time ever by a Bishop Blanchet cross country runner on the team's home course ... prep teammate of UW runner Chris Ahl ... earned a 3.4 GPA in high school ... interested in a nursing major, with a Spanish minor.

Personal Best Marks

800m..... 2:23.5 1600m..... 5:24.13 3200m..... 11:33.6
XC: 5000m..... 20:21



GREG

metcalf

**Head Coach, Track & Field and Cross Country
4th Year, 9th overall at UW**

As a youth running the hills and dirt lanes around Ephrata, Wash., Greg Metcalf dreamed of being a Washington Husky.

Upon joining the Huskies as a junior in 1990, he dreamed of breaking records and earning All-American accolades.

After graduating from UW in 1993 with an All-American certificate on the wall and the school's fourth-fastest steeplechase time to his credit, Metcalf dreamed of one day returning to his alma mater as head coach.

On Aug. 13, 2002, Metcalf's latest dream became a reality. Having served five years as assistant track and field coach in charge of UW's distance runners, Metcalf was named Washington's 12th head track and field coach, and just the fifth since Clarence "Hec" Edmundson took the helm in 1919.

W Additionally, Metcalf continues to direct Washington's cross country squads, which he has built over the past seven years into two of the most talented in the U.S.

Washington's women's squad boasts the nation's sixth-longest active streak of NCAA Championships appearances, having qualified for the meet in each of Metcalf's eight seasons. The UW men, meanwhile, returned to the NCAA meet in 2003 for the first time since 1993, and are a consistent factor at the conference and regional levels.

Including a 19th-place NCAA finish in 2003, the UW women have placed among the top-20 at

the NCAA meet five times since 1997, including a UW-record ninth-place finish in 1998.

Signs already exist that Metcalf may be turning Washington's track program towards a similar era of dominance.

Washington's women have finished among the top-20 teams at the NCAA Outdoor Championships in each of the past two years, including a tie for 15th in 2005, best by a UW women's team since 1988. The Husky men, meanwhile, have placed among the top-30 at the NCAA Indoor Championships in each of Metcalf's three seasons.

Husky individuals have shined as bright in the last three years as ever before, combining for three NCAA titles and 23 All-America awards in a combined 53 NCAA Championships appearances, while breaking school records on 34 separate occasions.

In 2005 alone, Husky athletes combined for 28 NCAA Championships berths, with a record 15 bringing home All-America honors. Pole vaulter Kate Soma won the NCAA outdoor title, while half-miler Ryan Brown captured the Pac-10 and NCAA West Regional crowns at 800 meters.

Metcalf has also prepared runners for outstanding careers after college, a fact evidenced by the success his distance runners have enjoyed in the post-collegiate arena.

Former Husky David Bazzi, an All-American and Pac-10 champion in 2001 and holder of two UW records, was a member of Team USA at the 2001 World University Games, and currently works as a UW assistant.



Two-time Pac-10 steeplechase runner-up Christian Belz, meanwhile, is a national champion and national record-holder in his native Switzerland, and has represented the Swiss at each of the past two Summer Olympic Games.

In all, Metcalf's distance runners have earned 17 All-America awards, six Pac-10 titles, 74 NCAA Championships bids and 13 school records in his eight years with the program.

Metcalf's teams have also been among the brightest at a school renowned for its high academic standards. His cross country runners are five-time recipients of the Cross Country Coaches Association All-Academic honor, and four Husky individuals have earned Academic All-American acclaim. UW placed a record 16 runners on the Pac-10's all-academic cross country team in 2004, and has boasted the most academic honorees of any conference school in eight of the past 14 years.

Washington is the second head coaching position for Metcalf, who served in 1996-97 as the head cross country and assistant track coach at Auburn University. His Tiger athletes accumulated four All-America awards and seven NCAA Championship berths. He coached the Auburn men's team to a second-place performance at the 1997 NCAA Indoor Track & Field Championships.

Metcalf received a bachelor's degree in geography from UW in 1993 and completed all necessary coursework for a master's of science in exercise physiology at Auburn.

A four-time Academic All-Pac-10 honoree at Washington, Metcalf earned All-American honors at the 1992 and 1993 NCAA Championships. His best collegiate mark of 8:41.17 ranks fourth among all-time Husky steplers. He also was a steeple finalist in the 1996 U.S. Olympic Trials.

At Ephrata (Wash.) High School, Metcalf won the 1987 state cross country title and the 1988 1600-meter crown.

Metcalf and wife Kristin, a former Husky distance runner, reside in Seattle with their infant daughter, Mackenzie.



David Bazzi

Distances (5th Year)



Former Husky All-American David Bazzi enters his fifth year as an assistant coach at Washington. Bazzi assists head coach Greg Metcalf with scheduling and meet management, and works closely with the Husky men's distance runners.

Bazzi's first four years have seen an explosion of positive results from UW's distance runners, who have combined to topple nine school records and record 68 times among the top-10 all-time at Washington.

An outstanding distance runner in his own right, Bazzi competed at Washington from 1996-2001, earning a pair of All-America honors in the 5,000 and 10,000 meters at the 2001 NCAA Championships. The school-record holder in both events, Bazzi was crowned Pac-10 10,000-meter champ in 2001, and competed post-collegiately at the 2001 World University Games in China.

The 27-year old Bazzi, a graduate of Seattle's O'Dea High School, is married to former Washington distance runner Kara Syrdal. They reside in Seattle.

Kelly Strong

Distances (4th Year)



Kelly Strong, formerly Kelly MacDonald, enters her fourth season as an assistant coach at UW. Strong is heavily involved in day-to-day operations and recruiting, and works directly with UW's women's distance runners.

A 2002 graduate of Arizona State, Strong ranks ninth in U.S. history in the steeplechase with a career-best of 9:55.49, and was the fifth-place finisher in the event at the 2004 U.S. Olympic Trials.

Strong earned five All-America honors and three Pac-10 titles during her collegiate career at ASU, where she set five school records.

A native of Tualatin, Ore., Strong took third in the steeplechase and 5,000 meters at the 2001 NCAA Championships, and was third again in the steeplechase final at the U.S. Senior National Championships on the same track two weeks later.

She was recognized in 2002 as ASU's Pac-10 Medal Winner, and earned ASU Athlete of the Year honors in 2001-02. Strong is married to former ASU All-American Brandon Strong, and resides in West Seattle.

All-Time Husky Cross Country Head Coaches



Dan Ghormley

Best Finishes of All-Time UW Men's Cross Country Coaches

Year	Coach	Conference	Regional	NCAA
1968-74	Dan Ghormley	4th (1973)	n/a	n/a
1975-80	Dixon Farmer	2nd (1977)	6th (1980)	n/a
1981	Greg Gibson	8th (1981)	11th (1981)	n/a
1982-85	Art Hutton	6th (1985)	7th (1983, '85)	n/a
1986-96	Mike Johnson	1st (1993)	2nd (6 times)	4th (1989)
1997-2001	Orin Richburg/ Greg Metcalf	5th (2000)	5th (1997)	n/a
2002-pres.	Greg Metcalf	3rd (2003)	4th (2003)	21st (2003)



Greg Metcalf



Dixon Farmer

Best Finishes of All-Time UW Women's Cross Country Coaches

Year	Coach	Conference	Regional	NCAA
1976-82	Alan Bonney	2nd (1982)	2nd (1980)	13th (1982)
1983-85	Art Hutton	4th (1984)	8th (1984)	n/a
1986-96	Mike Johnson	1st (1989)	1st (1989, '92)	12th (1989, '92)
1997-2001	Orin Richburg/ Greg Metcalf	2nd (1997, '98)	3rd (1997, '98)	9th (1998)
2002-pres.	Greg Metcalf	3rd (2002)	3rd (2003)	19th (2003)



Orin Richburg



Al Bonney



Greg Gibson



Art Hutton



Mike Johnson

Emerald City Invitational

Sept. 11 • Lower Woodland Park • Seattle, Wash.

Team Totals (Division-I Only): 1. Washington, 17; 7. Idaho 185; 2. Eastern Washington, 43.

Individual Winner: Angelo Baca, Unattached, 26:27

Husky Competitors*: 2. Adam Shimer, 26:41; 9. Chris Fayant, 27:16; 3. Preston Brashers, 26:50; 14. Matt Franck, 27:44; 4. Kevin Peters, 26:55; 16. Tom Peterson*, 27:48; 5. Caleb Knox*, 26:59; 21. Chris Goiney, 28:09; 7. James Wilson*, 27:03; 27. Curtis Easton, 28:27

Sundodger Invitational

Sept. 18 • Lincoln Park • Seattle, Wash.

Team Totals: 1. Washington 29; 2. Calvin College 78; 3. Portland State 110; 4. Club Northwest 133; 5. Eastern Washington 164; 6. Willamette 174; 7. Idaho 185; 8. San Francisco 188; 9. Seattle Running Club 190; 10. Boise State 231.

Individual Winner: Mark Mandi, Washington, 24:06

Other Husky Competitors*: 3. Jon Hickey, 24:21; 4. Andy Fader, 24:21; 8. Jeremy Mineau*, 24:34; 12. Travis Boyd, 24:43; 14. Preston Brashers, 24:44; 27. Brad Liber, 24:49; 29. Matt Owen, 24:54; 20. Adam Shimer, 24:55; 33. Kevin Peters, 25:14; 34. Caleb Knox*, 25:14; 48. Kevin Hansen, 25:40; 49. Matt Franck, 25:41; 51. James Wilson*, 25:42; 52. Tom Peterson*, 25:46; 61. Chris Fayant, 26:01; 67. Curtis Easton, 26:12; 68. Chris Goiney*, 26:15.

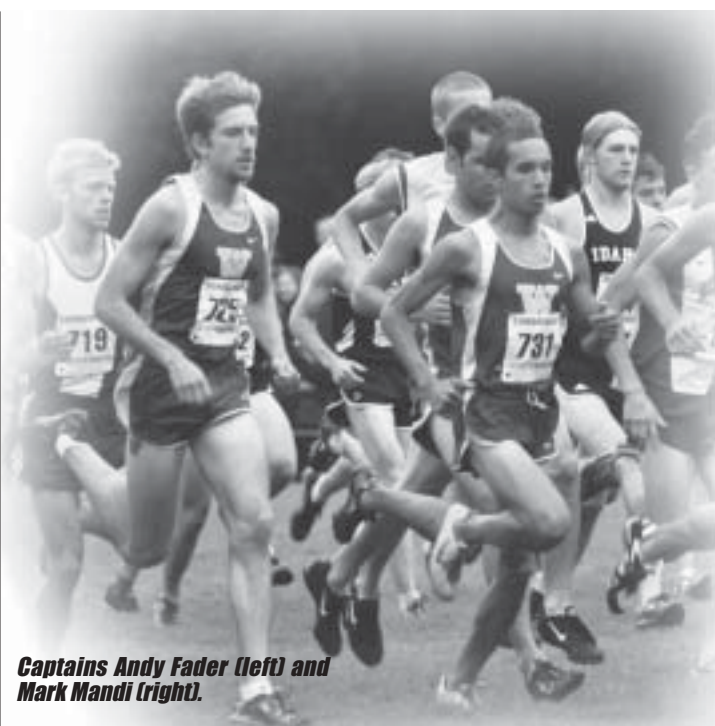
Willamette Invitational

Oct. 2 • Bush's Pasture Park • Salem, Ore.

Team Totals: 1. UC Davis, 70; 2. Team XO, 72; 3. Portland State, 105; **4. Washington, 124;** 5. Gonzaga, 169; 6. Portland, 194; 7. Eastside Track Club, 203; 8. Pacific Sport, 217; 9. Idaho, 246; 10. Santa Clara, 260; 11. Spokane CC, 272; 12. UO Running Club, 316; 13. Lane CC, 374; 14. Clackamas CC, 392; 15. Seacowz RC, 394; 16. San Diego, 402; 17. Highline CC, 426; 18. Clark CC, 507; 19. Treasure Valley CC, 567; 20. SW Oregon, 592.

Individual Winner: Paul Kezes, Team XO, 23:59

Husky Competitors*: 6. Brad Liber, 24:19; 25. Matt Owen, 24:55; 26. Preston Brashers, 24:56; 34. James Wilson*, 25:03; 45. Matt Franck, 25:17; 52. Caleb Knox*, 25:21; 65. Kevin Peters, 25:40; 72. Tom Peterson*, 25:48; 74. Chris Goiney*, 25:50; 78. Chris Fayant, 25:53.



Captains Andy Fader (left) and Mark Mandi (right).

Pre-National Meet (Blue Race)

Oct. 16 • LaVerne Gibson Course • Terre Haute, Ind.

Team Totals: 1. Colorado, 63; 2. Cal Poly, SLO 165; 3. Georgetown, 172; 4. Arizona State, 179; 5. Air Force, 216; 6. Indiana, 235; 7. Butler, 257; 8. Iona, 265; 9. Florida, 329; 10. New Mexico, 344; 11. Central Michigan, 359; 12. Michigan State, 375; 13. Clemson, 378; **14. Washington, 381;** 15. Miami (OH), 383; 16. Columbia, 386; 17. Dartmouth, 394; 18. William & Mary 416; 19. LaSalle 420; 20. Washington State 456; 21. Georgia, 479; 22. Kansas, 488; 23. Wake Forest, 651; 24. Utah, 653; 25. Weber State, 667; 26. Harvard, 724; 27. Drake, 763; 28. Eastern Illinois, 768; 29. Indiana State, 777; 30. Marquette, 804; 31. Louisville, 826; 32. St. Joseph's, 856; 33. Montana, 857; 34. Texas A&M, 888; 35. North Carolina, 890; 36. Purdue, 978; 37. UC Riverside, 1113.

Individual Winner: Matt Gonzales, New Mexico, 23:48

Husky Competitors: 14. Mark Mandi, 24:25; 69. Travis Boyd, 24:58; 86. Jeremy Mineau, 25:10; 91. Andy Fader, 25:12; 121. Brad Liber, 25:28; 147. Jon Hickey, 25:44; 153. Matt Owen, 25:57.

Pac-10 Conference Championships

Oct. 30 • Golden Gate Park • San Francisco, Calif.

Team Totals: 1. Stanford, 37; 2. Arizona St., 64; 3. Oregon, 105; **4. Washington, 116;** 5. UCLA, 118; 6. Arizona, 138; 7. Washington State, 140; 8. California, 199.

Individual Winner: Robert Cheseret, Arizona, 23:48

Husky Competitors: 6. Mark Mandi, 24:34; 15. Travis Boyd, 24:51; 27. Jeremy Mineau, 25:16; 35. Jon Hickey, 25:35; 36. Andy Fader, 25:36; 38. Brad Liber, 25:40; 40. Matt Owen, 25:41; 54. Caleb Knox, 26:16; 64. James Wilson, 26:40; 70. Preston Brashers, 27:09.

NCAA West Regional Championships

Nov. 13 • Woodward Park • Fresno, Calif.

Team Totals: 1. Stanford, 49; 2. Arizona State, 68; 3. Cal Poly, 86; 4. UCLA, 114; 5. Portland, 140; 6. Oregon, 196; **7. Washington, 209;** 8. Arizona, 213; 9. Washington State, 253; 10. UC Santa Barbara, 263; 11. UC Irvine, 299; 12. California, 312; 13. Cal State Fullerton, 347; 14. Eastern Washington, 368; 15. Long Beach State, 412; 16. UC Riverside, 478; 17. Gonzaga, 482; 18. Sacramento State, 555; 19. Santa Clara, 577; 20. Loyola Marymount, 584; 21. Cal State Northridge, 584.

Individual Winner: Ryan Hall, Stanford, 30:07

Husky Competitors: 18. Travis Boyd, 30:59; 41. Mark Mandi, 31:41; 45. Brad Liber, 31:45; 51. Mike Sayenko, 31:57; 54. Andy Fader, 32:03; 81. Matt Owen, 32:50; 93. Jeremy Mineau, 33:19.

* - Results do not include UW runners who competed unattached.



Sophomores Travis Boyd (center) and Brad Liber (right) played significant roles after season-ending injuries to top-three returnees Carl Moe and Mike Sayenko.



Despite a season-long injury to sophomore Amy Lia (right), senior Lindsey Egerdahl (left) led the UW women to their eighth-straight NCAA Championships appearance, the sixth-longest active streak in the nation.

Emerald City Invitational

Sept. 11 • Lower Woodland Park • Seattle, Wash.

Team Totals (Division-I Only): 1. **Washington, 22;** 2. Eastern Washington, 35

Individual Winner: Karen Dickson, Seattle Pacific, 18:16

Husky Competitors*: 7. Meghan Lawrence, 18:51; 8. Trisha Rasmussen*, 18:55; 9. Jamie Gibbs, 18:56; 12. Laura Hodgson, 19:37; 13. Olivia Garrow*, 19:52; 18. Kelsey McCallum, 20:07; 19. Karen Schwager, 20:13; 27. Tina Gall, 20:56.

Sundodger Invitational

Sept. 18 • Lincoln Park • Seattle, Wash.

Team Totals: 1. Idaho, 40; 2. **Washington, 54;** 3. Portland, 113; 4. Willamette, 154; 5. San Francisco, 154; 6. Boise State, 156; 7. Oregon State, 165; 8. Portland State, 177; 9. Eastern Washington, 199; 10. Washington State, 255; 11. Calvin College, 276.

Individual Winner: Sabrina Monro, Club Northwest, 20:10

Husky Competitors*: 5. Angela Wishaar, 21:28; 10. Lindsey Egerdahl, 21:33; 17. Brianna McLeod, 21:52; 18. Jamie Gibbs, 21:53; 19. Dallan Williams, 21:54; 23. Trisha Rasmussen, 22:05; 24. Laura Halverson, 22:10; 27. Camille Connelly, 22:14; 31. Marie Foushee, 22:25; 33. Megan Lawrence, 22:29; 35. Danielle Schuster*, 22:33; 47. Kira Harrison, 22:49; 56. Laura Hodgson, 23:08; 74. Olivia Garrow*, 23:29; 75. Karen Schwager, 23:30; 92. Kelsey McCallum, 24:14.

Willamette Invitational

Oct. 2 • Bush's Pasture Park • Salem, Ore.

Team Totals: 1. Idaho, 26; 2. **Washington, 38;** 3. Nevada, 130; 4. UC Davis, 149; 5. Oregon State, 159; 6. Portland State, 177; 7. Santa Clara, 235; 8. San Diego, Gonzaga 243; 10. UO Running Club, 255; 11. Portland 'B', 256; 12. Spokane CC, 379; 13. Clark CC, 380; 14. Highline CC, 397; 15. Clackamas CC, 431; 16. Team GFR Salem, 460; 17. Lane CC, 470; 18. Treasure Valley CC, 563.

Individual Winner: Mary Kamau, Idaho, 17:07

Husky Competitors: 4. Lindsey Egerdahl, 17:14; 5. Dallan Williams, 17:17; 7. Brianna McLeod, 17:24; 13. Kira Harrison, 17:31; 14. Angela Wishaar, 17:31; 17. Jamie Gibbs, 17:40; 20. Marie Foushee, 17:46; 29. Laura Halverson, 17:57; 32. Trisha Rasmussen, 18:11; 36. Camille Connelly, 18:13; 37. Meghan Lawrence*, 18:17; Olivia Garrow*, 19:01; 67. Kelsey McCallum*, 19:02; 73. Karen Schwager*, 19:06; 79. Laura Hodgson*, 19:09; 93. Dani Schuster*, 19:29.

Pre-National Meet (White Race)

Oct. 16 • LaVerne Gibson Course • Terre Haute, Ind.

Team Totals: 1. Colorado 94; 2. Michigan 109; 3. Arizona State 187; 4. N.C. State 207; 5. Michigan State 218; 6. Tennessee 221; 7. Villanova 236; 8. UC Santa Barbara 270; 9. Wake Forest 280; 10. Colorado State 340; 11. Illinois 361; 12. Northern Arizona 416; 13. Florida State 424; 14. SW Missouri 425; 15. Dartmouth 451; **16. Washington 479;** 17. Purdue 486; 18. Utah State 522; 19. Texas A&M 547; 20. Air Force 549; 21. LaSalle, Coastal Carolina 571; 23. Harvard 588; 24. Kent State 590; 25. Miami (OH) 605; 26. Cal Poly SLO 607; 27. Utah 646; 28. Nebraska 688; 29. Oregon 713; 30. Belmont 755; 31. Western Kentucky 775; 32. Ohio State 798; 33. Illinois State 804; 34. New Mexico 823; 35. Indiana State 868; 36. Kansas 952.

Individual Winner: Renee Metevier, Colorado, 20:04

Husky Competitors: 45. Dallan Williams, 21:29; 46. Lindsey Egerdahl, 21:30; 116. Angela Wishaar, 22:22; 125. Kira Harrison, 22:25; 147. Brianna McLeod, 22:38; 166. Marie Foushee, 22:55; 217. Jamie Gibbs, 23:40

Pacific-10 Conference Championships

Oct. 30 • Golden Gate Park • San Francisco, Calif.

Team Totals: 1. Stanford 30; 2. Arizona St. 47; 3. Washington 100; 4. UCLA 102; 5. Washington St. 171; 6. Arizona 180; 7. Oregon 182; 8. USC 233; 9. California 237; 10. Oregon St. 238.

Individual Winner: Amy Hastings, Arizona State, 20:19

Husky Competitors: 7. Dallan Williams, 21:10; 16. Lindsey Egerdahl, 21:33; 19. Angela Wishaar, 21:41; 29. Laura Halverson, 21:58; 32. Meghan Lawrence, 22:04; 51. Jamie Gibbs, 22:42; 59. Marie Foushee, 22:49; 68. Trisha Rasmussen, 23:10; 74. Kira Harrison, 23:29; 79. Camille Connelly, 23:37.

NCAA West Regional Championships

Nov. 13 • Woodward Park • Fresno, Calif.

Team Totals: 1. Stanford 29; 2. Arizona State 45; 3. UC Santa Barbara 92; 4. Idaho 140; **5. Washington 143;** 6. UCLA 151; 7. Arizona 245; 8. Oregon 272; 9. Cal Poly 278; 10. Washington State 320; 11. UC Irvine 334; 12. Portland 362; 13. Cal State Fullerton 424; 14. USC 432; 15. San Francisco 438; 16. Oregon State 456; 17. Hawaii 474; 18. Eastern Washington 546; 19. San Diego 549; 20. Long Beach State 561; 21. Pepperdine 584; 22. UC Riverside 636; 23. Loyola Marymount 645; 24. Cal State Northridge 669; 25. Santa Clara 672; 26. UNLV 732; 27. Sacramento State 843; 28. Pacific 888.

Individual Winner: Alicia Craig, Stanford, 20:03

Husky Competitors: 16. Lindsey Egerdahl, 21:11; 17. Dallan Williams, 21:18; 18. Angela Wishaar, 21:19; 41. Meghan Lawrence, 21:45; 51. Laura Halverson, 21:59; 59. Brianna McLeod, 22:14; 66. Kira Harrison, 22:21.

NCAA Championships

Nov. 22 • LaVerne Gibson Course • Terre Haute, Ind.

Team Totals: 1. Colorado 63; 2. Duke 144; 3. Providence 164; 4. Notre Dame 170; 5. Stanford 175; 6. Michigan 246; 7. Villanova 277; 8. BYU 293; 9. Arizona State 333; 10. North Carolina 336; 11. Missouri 346; 12. N.C. State 364; 13. Columbia 365; 14. Michigan State 372; 15. West Virginia 388; 16. Arkansas 400; 17. UC Santa Barbara 410; 18. Princeton 417; 19. Wake Forest 434; 20. Illinois 443; 21. Tennessee 488; 22. So. Methodist 519; **23. Washington 533;** 24. Georgia 583; 25. Idaho 607; 26. Colorado State 635; 27. UCLA 640; 28. Marquette 650; 29. Baylor 675; 30. Indiana 700; 31. Butler 859.

Individual Winner: Kim Smith, Providence, 20:09

Husky Competitors: 92. Lindsey Egerdahl, 21:51; 124. Dallan Williams, 22:12; 132. Meghan Lawrence, 22:14; 160. Angela Wishaar, 22:28; 188. Laura Halverson, 22:51; 229. Marie Foushee, 23:28; DNF. Kira Harrison.

* - Results do not include UW runners who competed unattached.

Washington's cross country teams placed seven athletes on the Pac-10's All-Academic cross country first- and second-team squads in 2004, equaling Arizona State for most in the conference.

Washington has boasted the first- or second-most Academic All-Pac-10 honorees of any conference school each of the past three years, with the team's 16 total honorees in 2004 a new UW record.

The Huskies' first-team recipients included two juniors and a senior. All three have been honored multiple times by the conference office, including two-time first-team Academic All-Pac-10 cross

country honorees **Travis Boyd** and **Laura Hodgson**, and three-time conference honoree **Angela Wishaar**, who added a first-team cross country all-academic honor to the all-academic honors she earned in track in both 2004 and 2005.

The 2003 Emerald City Invitational champion, Boyd finished the 2004 fall season with a 3.75 GPA in marketing, while leading all UW finishers at the 2004 NCAA West Regional meet. Wishaar, meanwhile, led the Husky women to an eighth-straight NCAA Championships berth while maintaining a 3.84 GPA in Classics, while Hodgson finished the season with a 3.86 GPA in math.

Four more Washington runners earned second-team acclaim, including two-time second-team honorees **Mark Mandi** and **Camille Connelly**, 2003 first-team recipient **Andy Fader** and first-time honoree **Jon Hickey**.

The Pac-10 selects an all-academic team in every sport based on an individual athlete's academic and athletic excellence. To be eligible for consideration, an athlete must have a GPA greater than 3.0, and must have completed one full academic year at their current school. Washington has amassed the most Pac-10 selections in eight of the last 14 years.

2004 Academic All-Pac-10 Cross Country Teams

Men's First Team

Name	School	Year	GPA	Major
Dan Blomgren	California	RS Freshman	3.93	Undeclared
Travis Boyd	Washington	Junior	3.75	Marketing
Kal Clark	Arizona State	Sophomore	3.89	Biology & Society
Jeremy Cramer	Arizona State	Junior	3.88	Mathematics
Kevin Engelhardt	Arizona	Senior	3.65	Biochemistry & Molecular Biophysics/ Molecular Cell Biology
Ryan Freimuth	Washington State	Sophomore	3.87	Accounting
Aaron Powell	Arizona	Junior	4.00	General Biology
Robert Smitson	Stanford	Junior	3.72	Human Biology
Alec Wall	Oregon	Sophomore	3.95	Exercise & Movement Science
Ryan Warrenburg	Arizona State	Junior	3.62	Political Science

Men's Second Team

Erik Emilsson	UCLA	Senior	3.38	Business-Economics/Political Science
Andy Fader	Washington	Senior	3.42	Economics
Daniel Frederick	Washington State	RS Freshman	3.68	Philosophy
Alex Grant	Arizona State	Sophomore	3.56	Environmental Science
Michael Heidt	Washington State	Senior	3.38	Zoology
Jon Hickey	Washington	Junior	3.57	Political Science
Andrew Jones	Washington State	Sophomore	3.55	Natural Resource Sciences
Griffin Lee	Arizona State	Junior	3.53	Kinesiology
Mark Mandi	Washington	Senior	3.35	Mechanical Engineering
Forrest Tahdooahnippah	Stanford	RS Freshman	3.57	Undeclared

Honorable Mention (Washington Only)

Preston Brashers (Sr.), Kevin Peters (Jr.), Mike Sayenko (So.)

Women's First Team

Name	School	Year	GPA	Major
Ana Cabrera	Washington State	Senior	3.95	Communications
Jamie Fuller	Oregon State	Junior	3.90	Business Administration
Laura Hodgson	Washington	Junior	3.86	Mathematics
Beth Hoge	Arizona	Senior	3.90	Nutritional Science
Kathryn Neepier	USC	Junior	3.96	Spanish
Jenna Timinsky	UCLA	Junior	3.85	Linguistic Anthropology
Amanda Trotter	Stanford	Sophomore	3.80	Undeclared
Michelle Wilson	Oregon State	RS Freshman	4.00	Pre-Chemical Engineering
Carmen Winant	UCLA	Senior	3.84	Art
Angela Wishaar	Washington	Senior	3.84	Classics

Women's Second Team

Brooke Bennett	Arizona State	Sophomore	3.89	Nursing
Camille Connelly	Washington	Senior	3.71	Biology
Karen DeMartini	Washington State	Sophomore	3.82	Undeclared
Allison Hall	UCLA	Junior	3.65	Psychology
Ashley Ippolito	Arizona	Sophomore	3.69	Elementary Education
Arianna Lambie	Stanford	Sophomore	3.87	Undeclared
Corey Randall	Arizona State	Sophomore	3.75	Journalism/Mass Communication
Katy Trotter	Stanford	Sophomore	3.61	Undeclared
Sarah West	UCLA	Junior	3.66	Psychology
Ashley Younce	Oregon State	Sophomore	3.78	Business Administration

Honorable Mention (Washington Only)

Marie Foushee (So.), Jamie Gibbs (Sr.), Laura Halverson (Grad.), Kira Harrison (So.), Brianna McLeod (So.), Karen Schwager (Jr.).

Husky History



REGINA JOYCE
1980 WEST REGIONAL
CHAMPION

Pacific-10 Conference Championships (Pac-8 Before 1979)

Year	Site	UW Finish	Conf. Champ
2004	San Francisco, Calif.	4th	Stanford
2003	Pullman, Wash.	3rd	Stanford
2002	Los Angeles, Calif.	4th	Stanford
2001	Scottsdale, Ariz.	5th	Stanford
2000	Seattle, Wash.	5th	Stanford
1999	Long Beach, Calif.	6th	Arizona
1998	Eugene, Ore.	5th (tie)	Stanford
1997	Stanford, Calif.	6th	Stanford
1996	Stanford, Calif.	6th	Stanford
1995	Stanford, Calif.	4th	Oregon
1994	Stanford, Calif.	2nd	Arizona
1993	Stanford, Calif.	1st	Washington
1992	Stanford, Calif.	5th	Oregon
1991	Stanford, Calif.	3rd	Arizona
1990	Stanford, Calif.	3rd	Oregon
1989	Stanford, Calif.	2nd	Oregon
1988	Stanford, Calif.	4th	Oregon
1987	Stanford, Calif.	4th	Arizona
1986	Stanford, Calif.	4th	Arizona
1985	Stanford, Calif.	6th	Stanford
1984	Stanford, Calif.	8th	Arizona
1983	Stanford, Calif.	7th	Arizona
1982	Fresno, Calif.	8th	Oregon
1981	Stanford, Calif.	8th	UCLA
1980	Stanford, Calif.	6th	UCLA
1979	Stanford, Calif.	7th	Oregon
1978	Fresno, Calif.	4th	Oregon
1977	Stanford, Calif.	2nd	Oregon
1976	Stanford, Calif.	3rd	Oregon
1975	Stanford, Calif.	4th	WSU
1974	Stanford, Calif.	6th	WSU
1973	Stanford, Calif.	4th	Oregon
1972	Seattle, Wash.	6th	WSU
1971	Los Angeles, Calif.	8th	WSU
1970	Pullman, Wash.	5th	Oregon
1969	Stanford, Calif.	8th	Oregon

NCAA West Regional Championships

Year	Site	UW Finish	Reg'l Champ
2004	Fresno, Calif.	7th	Stanford
2003	Portland, Ore.	4th	Stanford
2002	Palo Alto, Calif.	6th	Stanford
2001	Tucson, Ariz.	7th	Stanford
2000	Fresno, Calif.	8th	Stanford
1999	Portland, Ore.	8th	Stanford
1998	Fresno, Calif.	6th	Stanford
1997	Tucson, Ariz.	5th	Stanford
1996	Fresno, Calif.	5th	Stanford
1995	Woodland, Wash.	5th	Stanford
1994	Tucson, Ariz.	3rd	Arizona
1993	Woodland, Wash.	2nd	Portland
1992	Tucson, Ariz.	3rd	Arizona
1991	Fresno, Calif.	2nd	Arizona
1990	Fresno, Calif.	2nd	Arizona
1989	Fresno, Calif.	2nd	Oregon
1988	Fresno, Calif.	2nd	Oregon
1987	Fresno, Calif.	2nd	Arizona
1986	Fresno, Calif.	4th	Arizona
1985	Bellevue, Wash.	7th	Arizona
1984	Tucson, Ariz.	10th	Arizona
1983	Eugene, Ore.	7th	Oregon
1982	Fresno, Calif.	12th	Oregon
1981	Stanford, Calif.	11th	UCLA
1980	Stanford, Calif.	6th	UCLA
1979	Stanford, Calif.	9th	Oregon

NCAA Championships

Year	Site	UW Finish	Nat'l Champ
2003	Waterloo, Iowa	21st	Stanford
1993	Bethlehem, Pa.	8th	Arkansas
1991	Tucson, Ariz.	20th	Arkansas
1990	Knoxville, Tenn.	12th	Arkansas
1989	Annapolis, Md.	4th	Iowa State
1988	Des Moines, Iowa	18th	Wisconsin
1987	Charlottesville, Va.	22nd	Arkansas
1977	Spokane, Wash.	13th	Oregon

The Huskies' 1989 men's squad, featuring (from left) Gregg Bronn, Pat Johnson and Adam Leahy, earned an all-time UW-best fourth-place finish at the NCAA Cross Country Championships in Annapolis, Md.

Al Hjort was the Huskies' top finisher at the meet, placing 23rd in 30:28. Iowa State's John Nuttall captured the NCAA individual title in 29:30, leading his Cyclones to the NCAA team crown.



Men's Postseason History



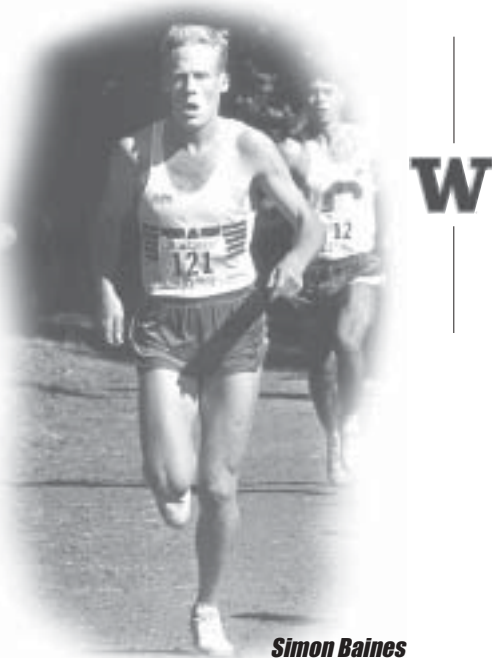
Jason Fayant

Pacific-10 Championships

Year	Top UW Finisher	Place	Time	Champion	School	Time
2004	Mark Mandi	6th	24:34	Robert Cheseret	Arizona	23:48
2003	Eric Garner	10th	25:17	Ian Dobson	Stanford	24:34
2002	Eric Garner	19th	24:38	Grant Robison	Stanford	23:27
2001	Jason Fayant	4th	24:17	Grant Robison	Stanford	24:04
2000	John Russell	12th	24:12	Jonathon Riley	Stanford	23:40
1999	Jason Fayant	16th	24:48	Steve Fein	Oregon	23:38
1998	Christian Belz	12th	24:18	Abdirahman Abdi	Arizona	23:23
1997	Christian Belz	10th	24:47	Bernard Lagat	WSU	23:39
1996	Christian Belz	16th	25:02	Mebrathom Keflezighi	UCLA	23:45
1995	Colin Johnston	10th	24:59	Karl Keska	Oregon	24:14
1994	Darren Hunter	7th	24:54	Martin Keino	Arizona	24:04
1993	Simon Baines	4th	24:07	Josephat Kapkory	WSU	23:38
1992	Neil Panchen	7th	24:33	Josephat Kapkory	WSU	23:46
1991	Greg Metcalf	8th	24:11	Colin Dalton	Oregon	23:36
1990	Pat Johnson	7th	24:24	Marc Davis	Arizona	23:44
1989	Al Hjort	4th	23:42	Marc Davis	Arizona	23:31
1988	Bruce McDowell	4th	31:08	Brad Hudson	Oregon	30:47
1987	Bruce McDowell	17th	31:42	Matt Guisto	Arizona	30:33
1986	Curt Corvin	6th	30:49	Aaron Ramirez	Arizona	30:24
1985	Curt Corvin	9th	31:12	Marc Olesen	Stanford	30:33
1984	Curt Corvin	17th	31:27	Tom Ansberry	Arizona	30:25
1983	Dave Barnett	23rd	31:41	Jim Hill	Oregon	30:10
1982	Pat Ewing	36th	31:06	Jim Hill	Oregon	28:50
1981	Chris Villani	25th	32:12	Richard Tuwei	WSU	30:56
1980	Dave Barnett	13th	31:27	Ron Cornell	UCLA	30:27
1979	Bill Stolp	9th	30:58	Henry Rono	WSU	29:07
1978	Bill Stolp	15th	30:54	Henry Rono	WSU	29:30
1977	Bill Stolp	9th	30:43	Joel Cheruiyot	WSU	29:35
1976	Gordy Braun	8th	29:38	Henry Rono	WSU	28:08

NCAA West Regional Championships

Year	Top UW Finisher	Place	Time	Champion	School	Time
2004	Travis Boyd	18th	30:59	Ryan Hall	Stanford	30:07
2003	Eric Garner	21st	30:17	Ian Dobson	Stanford	29:32
2002	Ben Koss	23rd	31:26	Donald Sage	Stanford	30:13
2001	Jason Fayant	6th	31:12	Donald Sage	Stanford	30:44
2000	John Russell	25th	31:34	Jonathon Riley	Stanford	30:40
1999	Jason Fayant	27th	31:43	Steve Fein	Oregon	30:30
1998	Christian Belz	12th	31:05	Abdi Abdirahman	Arizona	30:06
1997	Christian Belz	13th	31:25	Mebrathom Keflezighi	UCLA	30:16
1996	Christian Belz	8th	30:58	Karl Keska	Oregon	30:16
1995	Andy Wyman	9th	31:03	Karl Keska	Oregon	30:12
1994	Nick Pavach	12th	31:57	Martin Keino	Arizona	30:50
1993	Simon Baines	2nd	29:48	Josephat Kapkory	WSU	29:21
1992	Neil Panchen	6th	31:33	Josephat Kapkory	WSU	30:42
1991	Neil Panchen	6th	30:41	Josephat Kapkory	WSU	30:11
1990	Adam Leahy	6th	31:09	Marc Davis	Arizona	30:08
1989	Al Hjort	8th	30:51	Brad Hudson	Oregon	30:06
1988	Al Hjort	3rd	30:30	Marc Davis	Arizona	30:08
1987	Bruce McDowell	10th	30:40	Matt Guisto	Arizona	29:43
1986	Curt Corvin	3rd	30:25	Aaron Ramirez	Arizona	30:21
1985	Curt Corvin	4th	29:59	Marc Olesen	Stanford	29:51
1984	Dan Bell	35th	33:08	Tom Ansberry	Arizona	31:10
1983	Dave Barnett	8th	30:53	Jim Hill	Oregon	30:08
1982	Pat Ewing	42nd	31:06	Jim Hill	Oregon	28:50
1981	Chris Villani	25th	31:12	Richard Tuwei	WSU	29:25
1980	Dave Barnett	13th	31:27	Ron Cornell	UCLA	30:27
1979	Bill Stolp	9th	30:58	Henry Rono	WSU	29:07



Simon Baines

NCAA Cross Country Championships

Year	Top UW Finisher	Place	Time	Champion	School	Time
2003	Mark Mandi	67th	30:37	Dathan Ritzenhein	Colorado	29:15
2001	Jason Fayant	94th	30:57	Boaz Cheboiwo	E. Michigan	28:47
1998	Christian Belz	17th	30:50	Adam Goucher	Colorado	29:27
1996	Christian Belz	70th	32:28	Godfrey Siamusiye	Arkansas	29:49
1993	Simon Baines	10th	29:53	Josephat Kapkory	WSU	29:33
1992	Neil Panchen	47th	32:06	Bob Kennedy	Indiana	30:16
1991	Neil Panchen	38th	31:30	Sean Dollman	W. Kentucky	30:18
1990	Pat Johnson	25th	30:02	Jonah Koech	Iowa State	29:05
1989	Al Hjort	23rd	30:28	John Nuttall	Iowa State	29:30
1988	Bruce McDowell	47th	30:26	Bob Kennedy	Indiana	29:20
1987	Bruce McDowell	75th	30:43	Joe Falcon	Arkansas	29:15
1986	Curt Corvin	27th	31:34	Aaron Ramirez	Arizona	30:28
1985	Curt Corvin	107th	31:37	Timothy Hacker	Wisconsin	29:18
1983	Dave Barnett	121st	31:53	Zakaria Barrie	UTEP	29:20
1979	Bill Stolp	45th	30:10	Henry Rono	WSU	28:20
1978	Mark Hallenbeck	39th	30:25	Alberto Salazar	Oregon	29:30
1977	Bill McClement	68th	30:25	Henry Rono	WSU	28:34
1976	Tim Murray	59th	29:47	Henry Rono	WSU	28:07



Bruce McDowell

Women's Postseason History

Pacific-10 Conference Championships (NorPac Before 1986)

Year	Site	UW Finish	Conf. Champ
2004	San Francisco, Calif.	3rd	Stanford
2003	Pullman, Wash.	4th	Stanford
2001	Scottsdale, Ariz.	5th	Stanford
2002	Los Angeles, Calif.	3rd	Stanford
2000	Seattle, Wash.	4th	Stanford
1999	Long Beach, Calif.	3rd	Stanford
1998	Eugene, Ore.	2nd	Stanford
1997	Stanford, Calif.	3rd	Stanford
1996	Stanford, Calif.	2nd	Stanford
1995	Stanford, Calif.	4th	Oregon
1994	Stanford, Calif.	4th	Stanford
1993	Stanford, Calif.	5th	Stanford
1992	Stanford, Calif.	2nd	Oregon
1991	Stanford, Calif.	3rd	Oregon
1990	Stanford, Calif.	2nd	Oregon
1989	Stanford, Calif.	1st	Washington
1988	Stanford, Calif.	6th	Oregon
1987	Stanford, Calif.	7th	Oregon
1986	Stanford, Calif.	9th	Oregon
1985	Pullman, Wash.	5th	Oregon
1984	Fresno, Calif.	4th	Oregon
1983	Eugene, Ore.	5th	Oregon
1982	Fresno, Calif.	2nd	Oregon

NCAA West Region Championships (NCWSA before 1981)

Year	Site	UW Finish	Reg'l Champ
2004	Fresno, Calif.	5th	Stanford
2003	Portland, Ore.	3rd	Stanford
2002	Palo Alto, Calif.	4th	Stanford
2001	Tucson, Ariz.	4th	Stanford
2000	Fresno, Calif.	5th	Stanford
1999	Portland, Ore.	2nd	Stanford
1998	Fresno, Calif.	3rd	Arizona
1997	Tucson, Ariz.	3rd	Stanford
1996	Fresno, Calif.	3rd	Stanford
1995	Woodland, Wash.	4th	Oregon
1994	Tucson, Ariz.	4th	Stanford
1993	Woodland, Wash.	5th	Arizona
1992	Tucson, Ariz.	1st	Washington
1991	Fresno, Calif.	3rd	Oregon
1990	Fresno, Calif.	4th	Oregon
1989	Fresno, Calif.	1st	Washington
1988	Fresno, Calif.	7th	Oregon
1987	Fresno, Calif.	7th	Oregon
1986	Fresno, Calif.	10th	UCLA
1985	Bellevue, Wash.	11th	Oregon
1984	Tucson, Ariz.	8th	Stanford
1983	Eugene, Ore.	11th	Oregon
1982	Fresno, Calif.	3rd	Stanford
1981	Stanford, Calif.	5th	Oregon
1980	Missoula, Mont.	2nd	Oregon
1979	Spokane, Wash.	2nd	Oregon
1978	Seattle, Wash.	2nd	Oregon
1977	Spokane, Wash.	2nd	Oregon
1976	Eugene, Ore.	3rd	Oregon

NCAA Championships (AIAW before 1981)

Year	Site	UW Finish	Nat'l Champ
2004	Terre Haute, Ind.	23rd	Colorado
2003	Waterloo, Iowa	19th	Stanford
2002	Terre Haute, Ind.	31st	BYU
2001	Greenville, S.C.	14th	BYU
2000	Ames, Iowa	23rd	Colorado
1999	Bloomington, Ind.	13th	BYU
1998	Lawrence, Kan.	9th	Villanova
1997	Greenville, S.C.	14th	BYU
1995	Ames, Iowa	14th	Providence
1994	Fayetteville, Ark.	15th	Villanova
1992	Bloomington, Ind.	12th	Villanova
1989	Annapolis, Md.	12th	Villanova
1982	Bloomington, Ind.	13th	Virginia
1980	Burien, Wash.	12th	N.C. State
1977	Austin, Tex.	12th	Iowa State



Jennifer Gillette led the Huskies to the NCAA West Regional crown in 1989, the first of two Regional crowns Washington won between 1989-92. The Huskies had placed seventh at the regional meet in each of the previous two seasons but have been among the top-five regional squads in each of the 16 years since, including eight top-three finishes to earn 12 NCAA Championships berths.

Women's Postseason History



Tara Carlson

Pacific-10 Championships (1982-85 NorPac Conference)

Year	Top UW Finisher	Place	Time	Champion	School	Time
2004	Dallon Williams	7th	21:10	Amy Hastings	Arizona State	20:19
2003	Ingvill Makestad	9th	22:00	Sara Bei	Stanford	21:13
2002	Courtney Inman	7th	20:57	Sara Bei	Stanford	19:48
2001	Lisa Gibbs	6th	20:56	Lauren Fleshman	Stanford	20:09
2000	Cami Matson	4th	20:43	Tara Chaplin	Arizona	20:11
1999	Anna Aoki	5th	17:25	Erin Sullivan	Stanford	17:02
1998	Jennifer Smith	4th	17:27	Amy Skieresz	Arizona	16:59
1997	Deeja Youngquist	10th	17:48	Amy Skieresz	Arizona	16:40
1996	Deeja Youngquist	9th	17:31	Amy Skieresz	Arizona	16:36
1995	Tara Carlson	4th	17:16	Amy Skieresz	Arizona	16:45
1994	Joelle Brayton	7th	17:32	Karen Hecox	UCLA	17:00
1993	Tara Carlson	12th	17:39	Karen Hecox	UCLA	16:43
1992	Tara Carlson	3rd	17:07	Nicole Woodward	Oregon	16:51
1991	Carrie Moller	4th	17:08	Lisa Karnopp	Oregon	16:48
1990	Carrie Moller	9th	17:29	Liz Wilson	Oregon	16:52
1989	Michele Buresh	8th	17:35	Jennifer Robertson	WSU	16:33
1988	Brandi Evans	23rd	18:21	Liz Wilson	Oregon	17:06
1987	Laura Farias	20th	18:01	Annette Hand	Oregon	16:44
1986	Michelle Swanson	31st	18:19	Penny Graves	Oregon	16:52
1985	Adrianne Lorvick	15th	19:13	Kirsten O'Hara	California	17:37
1984	Adrianne Lorvick	10th	17:23	Kim Rothe	Oregon	16:48
1983	Sara Lindgren	13th	18:34	Kathy Hayes	Oregon	16:55
1982	Regina Joyce	1st	16:14	Regina Joyce	Washington	16:14

NCAA West Regional Championships (NCWSA before 1981)

Year	Top UW Finisher	Place	Time	Champion	School	Time
2004	Lindsey Egerdahl	16th	21:11	Alicia Craig	Stanford	20:03
2003	Ingvill Makestad	5th	20:37	Alicia Craig	Stanford	20:06
2002	Courtney Inman	7th	21:41	Alicia Craig	Stanford	20:39
2001	Lisa Gibbs	11th	21:51	Tara Chaplin	Arizona	20:41
2000	Kate Bradshaw	5th	20:37	Lisa Aguilera	Arizona State	20:25
1999	Jen Schindler	7th	17:20	Julia Stamps	Stanford	16:50
1998	Deeja Youngquist	11th	17:17	Amy Skieresz	Arizona	16:26
1997	Angela Froese	14th	17:53	Amy Skieresz	Arizona	17:00
1996	Angela Froese	12th	17:33	Amy Skieresz	Arizona	16:13
1995	Tara Carlson	3rd	16:59	Amy Skieresz	Arizona	16:43
1994	Tara Carlson	7th	17:57	Milena Glusac	Oregon	17:27
1993	Tara Carlson	5th	16:58	Karen Hecox	UCLA	16:42
1992	Tara Carlson	2nd	17:32	Louise Watson	Stanford	17:21
1991	Carrie Moller	3rd	17:02	Lucy Nusrala	Oregon	16:48
1990	Carrie Moller	14th	17:33	Buffy Rabbitt	UC-Irvine	16:45
1989	Jennifer Gillette	10th	17:36	Buffy Rabbitt	UC-Irvine	16:53
1988	Janicka Petersen	24th	17:47	Penny Graves	Oregon	18:36
1987	Laura Farias	36th	17:41	Annette Hand	Oregon	16:19
1986	Michelle Swanson	36th	17:45	Penny Graves	Oregon	16:42
1985	Adrianne Lorvick	54th	19:10	Regina Jacobs	Stanford	16:41
1984	Adrianne Lorvick	14th	18:15	Regina Jacobs	Stanford	17:05
1983	Sara Lindgren	22nd	18:34	Kathy Hayes	Oregon	16:55
1982	Regina Joyce	3rd	16:14	Ceci Hopp	Stanford	16:03
1981	Regina Joyce	5th	16:43	Monica Joyce	S.D. State	16:29
1980	Regina Joyce	1st	17:39	Regina Joyce	Washington	17:39
1979	Sara Neil	8th	18:20	Molly Morton	Oregon	17:37
1978	Rainey Roetman	7th	18:09	Robin Baker	Oregon	17:47
1977	Kathy Adams	4th	18:18	Debbie Quatier	SPU	17:52
1976	Rainey Roetman	16th	19:03	Debbie Quatier	SPU	17:04



Kate Bradshaw

NCAA Cross Country Championships (AIAW before 1981)

Year	Top UW Finisher	Place	Time	Champion	School	Time
2004	Lindsey Egerdahl	92nd	21:51	Kim Smith	Providence	20:09
2003	Lindsey Egerdahl	85th	21:11	Shalane Flanagan	North Carolina	19:31
2002	Courtney Inman	73rd	21:03	Shalane Flanagan	North Carolina	19:37
2001	Lisa Gibbs	35th	21:24	Tara Chaplin	Arizona	20:24
2000	Cami Matson	21st	21:16	Kara Grgas-Wheeler	Colorado	20:31
1999	Jen Schindler	78th	17:52	Erica Palmer	Wisconsin	16:40
1998	Anna Aoki	38th	17:42	Katie McGregor	Michigan	16:48
1997	Angela Froese	67th	17:41	Carrie Tollefson	Villanova	16:29
1995	Tara Carlson	8th	17:26	Kathy Butler	Wisconsin	16:51
1994	Tara Carlson	75th	18:15	Jennifer Rhines	Villanova	16:32
1993	Tara Carlson	100th	18:03	Carole Zajac	Villanova	16:41
1992	Stacie Hoytink	30th	17:58	Carole Zajac	Villanova	17:02
1991	Carrie Moller	14th	17:04	Sonia O'Sullivan	Villanova	16:30
1989	Sue Ocken	60th	17:52	Vicki Huber	Villanova	15:59
1982	Regina Joyce	2nd	17:07	Lesley Welch	Virginia	16:19
1981	Regina Joyce	11th	16:47	Betty Springs	N.C. State	16:40
1980	Regina Joyce	6th	17:14	Julie Shea	N.C. State	16:49
1979	Sara Neil	36th	17:36	Julie Shea	N.C. State	16:35
1978	Kathy Adams	25th	18:01	Mary Decker	Colorado	17:00
1977	Rainey Roetman	40th	18:42	Kathy Mills	Penn State	16:51
1976	Rainey Roetman	84th	18:27	Julie Brown	CS Northridge	16:29



Lindsey Egerdahl

Men's Team Results

Year	Winner	Score	UW Place	Score
2004	Washington	29	1st	29
2003	Washington	27	1st	27
2002	Washington	46	1st	46
2001	Wash. State	32	2nd	33
2000	Washington	41	1st	41
1999	Utah	47	3rd	108
1998	Utah	49	3rd	60
1997	Oregon	43	3rd	79
1996	Oregon	32	5th	139
1995	Club Northwest	44	2nd	58
1994	Washington	37	1st	37
1993	Portland	33	2nd	55
1992	Club Northwest	35	3rd	104

Women's Team Results

Year	Winner	Score	UW Place	Score
2004	Idaho	40	2nd	54
2003	Washington	41	—	—
2002	Michigan	45	2nd	72
2001	Washington	35	—	—
2000	Washington	24	—	—
1999	Washington	28	—	—
1998	Michigan	31	2nd	53
1997	Washington	33	—	—
1996	Club Northwest	45	t3rd	101
1995	Washington	29	—	—
1994	Washington	46	—	—
1993	Arkansas	30	4th	137
1992	Oregon	42	—	—

NOTE: In 2000, the women's course was extended to 6,000 meters to prepare for the 2000 Pac-10 Championships at Lincoln Park. The course returned to 5,000 meters from 2001-03, before changing permanently to 6,000 meters in 2004.

Men's Individual Results

Year	Winner	Team	Time	Top UW Finisher	Place	Time
2004	Mark Mandi	Washington	24:06	Mark Mandi	1st	24:06
2003	Eric Kiuaka	Iron Lung TC	23:58	Eric Garner	3rd	24:10
2002	Paul Kezes	Western Wash.	23:42	Eric Garner	7th	24:23
2001	Bryan Green	UCLA	24:11	Jason Fayant	4th	24:25
2000	Mark Pilja	Michigan	23:53	John Russell	5th	24:24
1999	Dave Davis	Puget Sound	24:34	David Bazzi	6th	25:14
1998	Jeff Simonich	Utah	24:47	David Bazzi	2nd	25:05
1997	Elvis Terry	Idaho State	24:46	Christian Belz	3rd	25:00
1996	Karl Keska	Oregon	24:05	Christian Belz	7th	25:16
1995	Uli Steidl	Portland	24:45	Andy Wyman	4th	25:03
1994	Uli Steidl	Portland	25:21	Colin Johnston	2nd	25:25
1993	Simon Baines	Washington	24:40	Simon Baines	1st	24:40
1992	Graeme Fell	Brit. Columbia	24:33	Neil Panchen	4th	24:59

Women's Individual Results

Year	Winner	Team	Time	Top UW Finisher	Place	Time
2004	Sabrina Monro	Club Northwest	20:10	Angela Wishaar	5th	21:28
2003	Margaret Butler	Kajaks TC	16:52	Amy Lia	7th	17:26
2002	Sabrina Monro	Unattached	16:31	Laura Hodgson	4th	17:16
2001	Sabrina Monro	Washington	16:06	Sabrina Monro	1st	16:06
2000	Gillian Palmer	Washington	20:50	Gillian Palmer	1st	20:50
1999	Leigh Daniel	Texas Tech	16:52	Melinda Campbell	2nd	16:59
1998	Katie McGregor	Michigan	16:44	Kara Syrdal	8th	17:30
1997	Cari Rampersad	Simon Fraser	17:15	Margaret Butler	5th	17:27
1996	Sarah Howell	Valley Royals	17:14	Anna Aoki	10th	17:46
1995	Tara Carlson	Washington	17:08	Tara Carlson	1st	17:08
1994	Tara Carlson	Washington	17:24	Tara Carlson	1st	17:24
1993	Milena Glusac	Oregon	17:01	Tara Carlson	4th	17:31
1992	Nicole Woodward	Oregon	17:04	Brandi Evans	3rd	17:22

Sundodger Invitational Meet Records

Men's (8,000m)

Name	Team	Year	Time
1. Paul Kezes	Western Washington	2002	23:42
2. Mark Pilja	Michigan	2000	23:53
3. Erik Kiuaka	Iron Lung TC	2003	23:58
4. Uli Steidl	Club Northwest	2003	24:02
5. David Milne	British Columbia	2001	24:03
6. Karl Keska	Oregon	1996	24:05
7. Mark Mandi	Washington	2004	24:06
8. Eric Garner	Washington	2003	24:10
Mike Hill	Club Northwest	2002	24:10
David Bazzi	Washington	2000	24:10

Washington Meet Record

Mark Mandi, 24:06 (2004)

Women's (6,000m)

Name	Team	Year	Time
1. Sabrina Monro	Club Northwest	2004	20:10
2. Gillian Palmer	Washington	2000	20:50
3. Cari Rampersad	Unattached	2000	21:00
4. Kate Bradshaw	Washington	2000	21:03
5. Melinda Campbell	Washington	2000	21:08
6. Cami Matson	Washington	2000	21:14
7. Jen Hillier	Unattached	2000	21:19
8. Alison Rendell	Kajaks T&F	2004	21:20
9. Karen Dickson	Seattle Pacific	2004	21:21
10. Jeannine Hagedorn	San Francisco	2004	21:22

Washington Meet Record

Gillian Palmer, 20:50 (2000)



In addition to the annual Sundodger meet, Lincoln Park also played host to the 2000 Pac-10 Championships, won by Stanford's Jonathon Riley. Washington's men placed fifth.

Lincoln Park

Winding through wooded hills on the shores of Puget Sound, Lincoln Park — the official home course of the Washington Huskies — provides runners some of Seattle's most scenic running trails. In addition to the annual Sundodger Invitational, held each year since 1992, Lincoln Park has played host to the 2000 Pac-10 Cross Country Championships, and is used throughout the year for all-comers cross-country and trail-running competitions. The park's featured event in 2005 will be the 14th-Annual Sundodger Invitational on Sept. 17, featuring invitational and open races for both men and women, starting at 9:00 a.m.

Cross Country Scoring

Teams win by having the lowest point total, based on the places of its top five runners added together. The squad size is seven, with each team's sixth and seventh finishers displacing scorers from other teams.

The Course

This year's Sundodger Invitational will include 8,000-meter (4.97 mile) invitational and open races for men, a 6,000-meter invitational race for women, and a 5,000-meter women's open race. All three courses are relatively flat, featuring a variety of terrain including dirt, grass, light gravel and woodchips. Stanford's Jonathan Riley established the park's 8,000-meter course record of 23 minutes, 40 seconds at the 2000 Pac-10 meet, while former Husky Sabrina Monro lowered the 6,000-meter women's record to 20:10 at the Sundodger meet in 2004. Held at 5,000 meters from 1992-1999, the Sundodger Invitational women's race was extended to 6,000 meters in 2000 in preparation for the 2000 Pac-10 Championships. The course returned to its regular 5,000-meter distance from 2001-03, before making a permanent change to 6,000 meters in 2004. Simon Fraser's Emilie Mondor holds the course record at the former 5,000-meter distance, with a time of 16:05 in 2002.

Directions

To Lincoln Park, West Seattle

(8603 Fauntleroy S.W.)

From Interstate 5 Going North or South

1. Follow the signs to Seattle.
2. Take the West Seattle exit (#163-A).
3. If you are heading North on I-5, stay left.
4. If you are heading South on I-5, stay right.
5. Continue west on the West Seattle Bridge and veer left up the hill.
6. Follow the signs to Fauntleroy Way SW.
7. Turn left onto Fauntleroy Way.
8. Proceed on Fauntleroy Way, weaving south and west for approximately 3 miles.
9. Stay on Fauntleroy Way SW until you arrive at Lincoln Park on the right hand side of the street.
10. You can also follow the signs for the Vashon Ferry Terminal, which is located directly south of Lincoln Park (you will come to the Park before you reach the ferry terminal).
11. Park in the Lincoln Park lots or on the street, but please pay attention to parking signs and restrictions. Violators could be towed.

To University of Washington

From I-5 Going North or South

1. Follow the signs to Seattle.
2. Just north of the city, take Hwy. 520 exit toward Bellevue-Kirkland (east).
3. Travel 1/4 mile and take the Montlake Boulevard exit.
4. At the end of the off ramp there is a stop light at Montlake Boulevard. Turn left.
5. Travel across the Montlake Bridge. Husky Stadium, Bank of America Arena and the Graves Building (athletic offices) will be visible on the right.

Lincoln Park Course Records

Men's (8,000m)

Name	Team	Year	Time
1. Jonathan Riley	Stanford	2000*	23:40
2. Paul Kezes	Western Wash.	2002	23:42
3. David Bazzi	Club Northwest	2000^	23:48
4. Jason Hartman	Oregon	2000*	23:48
5. Louis Luchini	Stanford	2000*	23:50
Uli Steidl	Club Northwest	2000^	23:50
7. Grant Robison	Stanford	2000*	23:51
Tom Prindville	Arizona	2000*	23:51
9. Mark Pilja	Michigan	2000	23:53
10. Thomas Murley	Stanford	2000*	23:55

Washington Course Record

Mark Mandi, 24:06 (2004)

Women's (6,000m)

Name	Team	Year	Time
1. Sabrina Monro	Club Northwest	2004	20:10
2. Tara Chaplin	Arizona	2000*	20:11
3. Lisa Aguilera	Arizona State	2000*	20:29
4. Lauren Fleshman	Stanford	2000*	20:35
5. Cami Matson	Washington	2000*	20:43
6. Victoria Chang	Stanford	2000*	20:46
Elena Villareal	Stanford	2000*	20:46
8. Mary Duarbeck	Arizona State	2000*	20:48
9. Gillian Palmer	Washington	2000	20:50
10. Katrin Engelen	Arizona	2000*	20:51

Washington Course Record

Cami Matson, 20:43 (2000*)

* - mark set at the Pac-10 Championships; ^ - mark set at 2000 PNTF Cross Country Championships; all other marks set at Sundodger Invitational in year indicated.



The 80,000-square foot indoor home of Husky track and field and cross country has, since its opening in September of 2001, earned a reputation as one of the nation's top indoor competitive facilities. Dempsey Indoor includes a permanent 307-meter MONDO track (six lanes on the straightaway, five on the oval) and a full 100-yard FieldTurf infield equipped to host the shot put, weight throw, long jump, triple jump, high jump and pole vault events.

In just the past two years, Dempsey Indoor has hosted nine Olympians, witnessed 13 top-10 world marks, 12 UW indoor school records and hundreds of NCAA qualifying marks, and served as the host site of the 2004 MPSF Championships.

The Feb. 7 Husky Invitational featured former Olympians Hugo Munoz of Peru and the United States' Bolota Asmeron, the latter of which clocked a facility-record time of 7:48.59 that is was among the best by an American indoors last year. 2004 U.S. indoor champion Toby Stevenson took the world lead in the pole vault with a clearance of 19-0 1/4 in January, and Stanford's Alicia Craig moved to the top of the IAAF World 5,000-Meter Rankings list with a time of 15:56.58 in February.

In addition to its competitive use, the building is utilized as an indoor practice facility for Washington's football, softball, baseball and men's and women's soccer teams, and is considered one of the premier indoor facilities on the West Coast.

The facility is named for California businessman Neal Dempsey, a 1964 UW graduate. Dempsey and his wife, Janet, announced a gift of \$10 million in January 2001, to be split between the School of Business and intercollegiate athletics.

Dempsey Indoor Records

MEN

60m Dash	6.63, Ja'Warren Hooker, Asics, 2/1/03
60m Hurdles	7.80, Matt Mason, Wash. State, 2/28/04
200m	21.10, Rubin Williams, Unattached, 2/15/03
400m	46.17, Andre Ammons, Unattached, 2/15/03
800m	1:47.38, Zach Whitmarsh, Pacific Sport, 2/15/03
1 Mile	3:58.40, Michael Stember, NIKE, 2/15/03
3000m	7:48.59, Bolota Asmeron, NIKE, 1/31/04
5000m	13:47.40, Mike Donnelly, NIKE, 3/6/04
4x400m Relay	3:09.07, UCLA, 2/28/04
DMR	9:34.21, UCLA, 2/14/04
High Jump	7-1 1/2, Kiley Johnson, Team XO, 1/31/04
Pole Vault	19-0 3/4, Toby Stevenson, Unattached, 1/31/04
Long Jump	26-6 1/4, Matt Mason, Wash. State, 2/27/04
Triple Jump	54-6 1/2, Julien Kapek, USC, 2/1/03
Shot Put	65-6 3/4, John Godina, adidas, 2/1/03
Weight Throw	73-9 1/2, Derek Woodske, IWTC, 2/1/03
Heptathlon	5,443, Gabe LeMay, Oregon, 2/27/04

WOMEN

60m Dash	7.35, Jakki Bailey, Stanford, 2/1/03
60m Hurdles	8.06, Sheena Johnson, UCLA, 2/27/04
200m	23.72, Michelle Davis, UNLV, 2/9/02
400m	53.62, Megan Addy, Sheffield Elite, 2/15/03
800m	2:02.91, Heather Henningar, Pacific Sport, 2/15/03
1 Mile	4:33.41, Lena Nilsson, UCLA, 3/3/03
3000m	9:00.27, Malindi Elmore, Asics, 1/31/04
5000m	15:56.58, Alicia Craig, Stanford, 2/14/04
4x400m Relay	3:35.06, UCLA, 3/3/03
DMR	11:05.16, Stanford, 1/31/03
High Jump	6-0 3/4, Kaylene Wagner, Cal Poly, 1/31/04
	6-0 3/4, Sharon Day, Cal Poly, 1/31/04
	14-8, Chelsea Johnson, UCLA, 2/14/04
Pole Vault	21-6, Grace Upshaw, NIKE, 2/14/04
Long Jump	43-5 3/4, Kamila Rywelska, BYU, 3/6/04
Triple Jump	57-1, Stephanie Brown, Unattached, 1/31/04
Shot Put	67-8 1/4, Cari Soong, UCLA, 1/31/04
Weight Throw	4,088, Brook Meredith, California, 2/26/04
Pentathlon	